



Article List

We are pleased to provide you with a bibliography of articles about CranioSacral Therapy, Lymph Drainage Therapy, Healing From the Core and other complementary modalities relevant to body workers. Each listing includes the article title, the publication it appeared in, the date it was published and a brief article summary. There is an index by topic at the end of the article list for your convenience.

At the end of each listing there is information on how to obtain a copy of the article – whether by purchasing a copy or visiting a website. If you would like a copy of an article, please fill out the article reproduction form at the end of the index. Please allow at least three to five business days to fulfill your request.

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2

20th anniversary
#0505, 14

A

Acupressure
#0009, 42
#9603A, 51
Acupuncture
#0000D, 59
#7707, 58
#7802B, 58
#9506, 53
#9604A, 51
Aicardia Syndrome
#0108, 2
AIDS
#0203B, 29
Allen, Dr. Michael
0903, 26
Alternative Medicine
#0107B, 7
#0604D, 20
Alternative Therapies
#0704L, 19
Alzheimers
#0705C, 13
American Spa Magazine
#0205C, 16
Anatomy
#0000C, 59
#1004H, 18
Anderson's, Dr. Christine
Prenatal Yoga Dvd
#1206, 7
Anger
#0704E, 20
Animals
#0105D, 16
#1204B, 17
Manual Therapies for
#9811B, 46
Anterior Cruciate
Ligament (ACL)
#0403A, 28
Arcing
#1204, 17
Arthrogryposis
#0401, 40
#0602, 33
Aston Massage
#9603D, 52
Aston Movement
#9507B, 53
Aston-Patterning
#9507B, 53

#9512D, 53
#9603C, 52
#9603D, 52
#9603E, 52
#9707, 49
Attention
Deficit/Hyperactivity
Disorder
#0010, 41
#0307A, 6
#0703, 27
#0801, 38
#9507, 53
#9712, 48
Autism
#0004C, 43
#0006B, 42
#0102F, 35
#0208, 2
#0707, 4
#7904, 57
#8001, 57
#8012, 57
#8209, 56
#9707A, 49
#9712, 48
#9807C, 47

B

Back Pain
#0208, 2
#0903C, 26
#7802B, 58
#8201, 57
#9803, 48
Barral, Jean-Pierre
#0401B, 39
#0502E, 33
Basic Acupressure
#0205A, 16
#0304A, 23
Beckwith-Wiedemann
Syndrome
#9906B, 45
Behavior
#8209, 56
Behavioral Problems
#0604A, 21
#7905, 57
#8001, 57
Bell's Palsy
#0301C, 40
#9704, 50
Beyond the Dura
#0101A, 41
#0203A, 29
#0205A, 16
#0305, 15
#0305E, 15

#0601, 39
#0601A, 39
#0603A, 28
#0603E, 27
#0705D, 13
#0906, 8
#1104A, 17
#1204C, 17
BioAquatic Exploration
#0702D, 33
#0702H, 32
#0901E, 37
#1101B, 37
#1102A, 30
#1203D, 25
0803C, 26
BioAquatic Therapy
#0108A, 2
Bioelectric Recording
#7907, 57
Biomechanics
#7911, 57
Birth Trauma
#9506, 53
Bodywork
#9502, 53
#9507B, 53
#9512A, 52
#9909B, 44
Brain Activity
#1203A, 25
Brain and Spinal Cord
Dysfunction Program
#9009, 55
#9506, 53
#9710, 49
Brain Function
#0203A, 29
#8307, 56
Brain Swelling
#0105B, 16
Breach Pregnancy
#0307D, 6
Breast Cancer
Reconstructive
Rehabilitation
#9901, 46
Breast Massage
#0104, 24
Breastfeeding
#0305A, 15
#0801B, 38
Breman, Mya
#0504B, 22
Bruxium
#0903C, 26
Burch, Jeffrey
#0603B, 28
#1203B, 25
Bursitis
#0201A, 40

Bush, Jeb
#0502D, 34
#0504C, 22
Business Brief
#0705A, 13

C

Caesarean Section
#0305B, 15
Cancer
#9503, 53
Candela, Valerie
#0105E, 16
Carol McClellan
#0108, 2
Cell Talk
#0403, 24, 29
#0504A, 22
#0905, 12
#1203C, 25
Cello Healing
#1101, 37
Central Nervous System
Disorders
#0102, 36
#0205A, 16
Central Nervous System
Functions
#8704, 56
Cerebral Circulation
Impairment
#9604A, 51
Cerebral Palsy
#0102D, 35
#0403C, 28
#1005A, 12
#8001, 57
#9506, 53
#9710, 49
#9911, 44
Cerebrospinal Fluid
#0009, 42
#0011A, 41
#0302C, 35
#9801A, 48
#9810, 46
#9901D, 46
0804A, 19
CEU
#205E, 15
Chaitow, Leon
#1103A, 25
Chapman's Reflex
Centers
#0000D, 59
Charcot-Marie-Tooth-
Disease
#9901B, 46
Chauffour, Paul

Updated on 02/09/2011

#0103A, 30	#9512B, 52	#0804, 19	#0302A, 35
#0903B, 26	#9512C, 52	Cranial Rhythmical	#0302B, 35
Chikly, Alaya	#9601, 52	Impulse	#0304, 23
#1102C, 30	#9601A, 52	#7708, 58	#0305C, 15
Chikly, Bruno	#9606A, 51	Cranial Sutures	#0403A, 28
#0007, 42	#9610, 50	#7802, 58	#0405C, 14
#0104, 24	#9610B, 50	#7803, 58	#0406A, 10
#0105, 17	#9701, 50	#7903, 57	#0502, 34
#0402C, 34	Cleft Palate	Cranio Bones	#0502C, 34
#0504, 22	#0702A, 33	#1104B, 17	#0601E, 39
#0601C, 39	#1006, 8	Craniofacial Pain	#0605A, 14
#0601D, 39	Colic	Syndromes	#0607, 4
#0702, 33	#1203H, 24	#9101, 54	#0701A, 38
#0704C, 20	Colorado Board of	CranioSacral Research	#0703A, 27
#0802C, 32	Medical Examiners	#1106B, 8	#0703C, 27
#0903B, 26	#9003, 55	#7612, 59	#0703D, 27
#1005D, 12	Coma	#7902, 58	#0704B, 20
Children	#0105B, 16	Craniosacral Rhythm	#0802, 32
#0102D, 35	Communication	#0101B, 41	#0803D, 26
#0106, 11	#9805, 48	CranioSacral System	#0805B, 13
#0607A, 4	Compassionate Touch	#0000A, 59	#0805D, 12
#0907B, 3	#0102G, 35	#0004A, 43	#0806C, 8
#7806, 58	#0105F, 16	#0004B, 43	#0807, 3
#7900, 58	#0405D, 14	#0705E, 13	#0807A, 3
#8001, 57	#0405E, 14	#0804A, 19	#1001, 37
#8209, 56	#0704D, 20	#7806, 58	#1003, 26
#8308, 56	#0706B, 9	#8307, 56	#1003A, 25
#8909, 55	#0907B, 3	#9106A, 54	#1007C, 2
#9507A, 53	Compassionate Touch	#9500, 54	#1102B, 30
#9609, 51	Program	#9505, 53	#1102D, 30
#9707A, 49	#0010, 41	0011A, 41	#1106A, 8
#9710, 49	#0011, 41	CranioSacral Therapist	#1203F, 24
#9801B, 48	#0902, 32	#0208A, 2	#1203G, 24
#9803A, 48	Complementary	#0905B, 12	#1207A, 2
#9804, 48	treatments	CranioSacral Therapy	#8001, 57
#9807D, 47	#0702G, 32	#0000A, 59	#8812, 56
Children With Sensory	Concussion	#0002, 43	#8902, 56
Integration	#0008B, 42	#0004A, 43	#8903, 56
Dysfunction	Congenital Central	#0004B, 43	#8906, 55
#0707B, 3	Hypoventilation	#0008, 42	#8907, 55
Chiropractic	Syndrome (CCHS)	#0008A, 42	#8908, 55
#0504C, 22	#0703, 27	#0008B, 42	#8909, 55
#0504F, 21	Conjoined Twins	#0009, 41	#9002A, 55
#0704H, 19	#0107C, 7	#0011A, 41	#9103, 54
#1205, 11	#1004C, 18	#0012, 41	#9104A, 54
#8903, 56	#1004D, 18	#0012A, 41	#9104B, 54
#9810B, 46	#1105A, 11	#0101A, 41	#9106, 54
Chiropractors	Connective Tissues	#0102B, 36	#9500, 54
#0105A, 17	#0010A, 41	#0102C, 36	#9500A, 54
Cholesterol	Cranial Bones	#0102D, 35	#9500B, 54
#0604, 21	#0606A, 10	#0102E, 35	#9500C, 54
#0704A, 20	#0806B, 8	#0107, 7	#9502A, 53
Chronic Pain	#1005B, 12	#0107C, 7	#9506, 53
#0104C, 24	#1005C, 12	#0108, 2	#9507A, 53
#0203, 29	Cranial Osteopathy	#0108A, 2	#9509B, 53
#0403C, 28	#0505B, 14	#0204A, 23	#9512A, 52
#0503, 28	#1002, 31	#0204B, 23	#9601B, 52
#1106D, 7	#8907, 55	#0204C, 23	#9601D, 52
#8902, 56	#9509B, 53	#0205F, 15	#9603, 51
#9905, 45	Cranial Pain	#0207A, 6	#9604A, 51
Clark, Mary Ellen	#7803, 58	#0208, 2	#9606A, 51
#9509, 53	Cranial Pumping	#0208B, 2	#9607, 51

Updated on 02/09/2011

#9610, 50
 #9610C, 51
 #9709A, 49
 #9712, 48
 #9801, 48
 #9803, 48
 #9803A, 48
 #9807, 47
 #9808A, 47
 #9811, 46
 #9811A, 46
 #9906, 45
 #9906B, 45
 #9906C, 45
 #9907, 45
 #9909B, 45
 9709B, 49
 CranioSacral Therapy
 Diplomate
 #0704K, 19
 CranioSacral Therapy
 Evaluation
 #1204, 17
 CranioSacral Therapy I
 Class
 #0204E, 23
 CranioSacral Therapy
 Therapy, A Beginners
 Guide
 #9911A, 44
 CranioSacral Therapy
 Training
 #0305, 15

D

Daniel Tarlow
 #0208A, 2
 Degenerative Disc
 Disease
 #1103, 25
 DeLany, Judith
 #1103A, 25
 Dementia
 #0705C, 13
 Dental Procedures
 #0103B, 29
 #1202, 30
 Dentists
 #9003, 55
 #9101, 54
 Depression
 #9807C, 47
 Developmental Delay
 #0304E, 22
 Developmental Problems
 #8012, 57
 Dialoguing
 #0104A, 24
 #0403, 29
 Direction of Energy

#0904, 19
 #1004E, 18
 Dissection
 #0101A, 41
 #0202, 35
 Dizziness
 #0704G, 20
 Dolan, David
 #0702D, 33
 Dolphin Assisted
 Therapy
 #0406, 10
 #0607B, 4
 #0806, 9
 #1005A, 12
 Dolphin Energy
 #1102, 31
 Dolphin Research
 #0004B, 43
 #0004D, 43
 #0004E, 43
 #0005, 42
 #0006B, 42
 #0008D, 42
 #0901C, 37
 #0901D, 37
 #0901E, 37
 #1101B, 36
 #9610B, 50
 #9701B, 50
 #9701C, 50
 #9712B, 49
 Dolphin-Assisted
 Therapy
 #0304A, 23
 #0805C, 13
 Dolphins
 #0205D, 16
 Dr. Smith Completes
 Special Course
 #0201F, 23

E

Earaches
 #1205A, 11
 Ears Ringing
 #0704G, 20
 Emotion
 #1101A, 2
 Emotional Problems
 #7806, 58
 #8012, 57
 Encephalopathy
 #0704, 20
 Encephaly
 #9604A, 51
 Energy
 #0104B, 24
 Energy Cysts
 #0011A, 41

#0803, 27
 #1202, 30
 Erb's Palsy
 #0304F, 22
 #1206A, 7
 Erb's Palsy
 #0004D, 43
 Ergonomics
 #9507B, 53
 Ethics
 #1107A, 2
 #1207, 2

F

Facelift Massage
 #1106, 8
 Facilitated Segment
 #0103, 30
 #8906B, 56
 Falx Cerebelli
 #0000C, 59
 Falx Cerebri
 #0000C, 59
 Fascia
 #0304, 23
 Feldenkrais Method
 #0502D, 34
 #0610, 2
 Fibromyalgia
 #0102A, 36
 #0301A, 40
 #0805A, 13
 #0902D, 31
 Florida Capitol in
 Tallahassee
 #0902A, 32
 Florida State University
 #0504C, 22
 Following the Body's
 Cues
 #0304G, 22
 Forceps
 #8704, 56
 Fryer, Andrew
 #0201, 40
 0903, 26
 Fryer, Sally
 #0504E, 21
 FSMTA
 #0009, 41

G

Genest, Gina
 #0802A, 32
 Gentle Therapy
 #9807E, 47
 Gerome, Stan
 #0803, 27

#1101, 2
 #1101A, 2
 Goff, Rebecca
 0903A, 26
 Golden Thread
 #0606C, 10
 #0606E, 9
 #0706E, 9
 Gray, Beverly
 #0904A, 19
 Green, Jim
 #0605, 14

H

Halfon, David
 #0207, 6
 Hammond, Francine
 #0704A, 20
 Hamstring
 #9808, 47
 HANDLE
 #0304A, 23
 Head Pain
 #7807, 58
 Head Trauma
 #0701B, 38
 Headaches
 #0301C, 40
 #0302, 35
 #0401A, 39
 #0606B, 10
 #1003C, 25
 #7906, 57
 #9803, 48
 #9804, 48
 9912, 44
 Healing from the Core
 #1004, 19
 Healing Touch
 #1107, 2
 Heart Centered Therapy
 #0502D, 34
 #1102C, 30
 Herniated Discs
 #0201A, 40
 Hill, Jane Ratcliff
 #0205B, 16
 Himalayan Institute
 Hospita
 #0105F, 16
 History of CST
 #9907, 45
 Holden, Katy Green
 #1204A, 17
 Holism
 #7911, 57
 Holoenergetics
 #9512, 52
 Horses
 9709B, 49

Hutton, Tim
#0104B, 24
Hydrocephalus
#0901, 38
Hyperkinesia
#0010, 41
#0801, 38
Hypothesis For The
Origin of CranioSacral
Motion
#9910B, 44

I

IAHE Connection
Newsletter
#0205A, 16
#0304A, 23
#0502D, 34
#0903B, 26
IAHP Connection
Newsletter
#0006B, 42
#0101A, 41
#1001A, 37
#9503, 53
#9603F, 52
#9710A, 49
#9806, 47
#9901C, 46
#9910, 44
Immune System
#0601, 39
#1001B, 37
Infantile Cerebral
Paralysis
#9604A, 51
Infants
#0305B, 15
#0403B, 28
#0603A, 28
#8704, 56
#9507A, 53
#9803A, 48
Infection
#8902, 56
Inner Physicians
#0506, 10
Inner Wisdom
#0405A, 14
Intention
#0303A, 29
#0502B, 34
Intentioned Touch
#0405A, 14
International Massage
Week
#0704J, 19
Intracranial Hemorrhage
#9604A, 51

J

Jarvis, Rhonda King
#0205B, 16
John E. Upledger
#9610C, 51
Joint Mobilization
#8908, 55

K

Kimball, Catherine
#8704, 56

L

Labor and Delivery
#8704, 56
Learning Disabilities
#7806, 58
#7905, 57
#8001, 57
#8208, 56
#8704, 56
#9609, 51
Legislative Awareness
Day
#0203A, 29
#0304A, 23
#0304B, 23
legislative issues
#0505A, 14
Letters of Support
#0304F, 22
Letters to the Editor
#0101, 41
Life's Gifts Unfold
#1004I, 18
Life's Gifts Unfolded
#1004J, 18
Lightest Touch
#0506A, 10
Lindros, Eric
#0008B, 42
Linnemeyer, Heather
0703E, 27
Liver
#0601B, 39
Lymph Drainage
Therapy
#0102D, 35
#0104, 24
#0105, 17
#0107A, 7
#0305D, 15
#0402B, 34
#0502A, 34
#0504, 22
#0601, 39
#0601C, 39

#0601D, 39
#0704C, 20
#0704F, 20
#0801A, 38
#0901F, 37
#0904A, 19
#1002A, 31
#1203E, 24
#9606, 51
#9708A, 49
#9801A, 48
#9906D, 45
Lymph Nodes
#0704F, 20
Lymphatic Circulation
#0301D, 40
Lymphatic Drainage
#1004E, 18
Lymphatic Drainage
Therapy
#0706, 9
Lymphatic Rhythm
#0007, 42
Lymphatic System
#9712A, 49
Lymphedema
#0105, 17
#0205B, 16
#0302D, 34
#0402B, 34
#0402C, 34
#0502A, 34
#0801A, 38
#0802C, 32

M

Magnet Therapy
#0901B, 37
#9901B, 46
#9902, 45
#9904, 45
Manual Lymphatic
Drainage Therapy
#1004A, 18
Manual Lymphatic
Mapping
#0007, 42
#0105, 17
#0402B, 34
#0802C, 32
Manual Therapies
#0104E, 24
Massage Therapy
#0012A, 41
#0606D, 9
#8906, 55
#8908, 55
#9506, 53
#9604A, 51
#9811A, 46

McGavin, Sheryl
0803C, 26
Mechanical Link
#0103A, 30
#0304A, 23
#0804, 19
#1002A, 31
#9806, 47
#9807, 47
Melatonin
#0805, 13
Menninger Foundation
#0504D, 22
migraine
#1003C, 25
Migraines
#0105A, 17
#0301, 40
#0401A, 39
#0507A, 4
Milk Intolerance
#0702B, 33
Morgan, Sally
#1204B, 17
Motor Difficulty
#0304E, 22
Multidisciplinary
Approaches
#0304A, 23
#1103A, 25
Multiple Sclerosis
#0704G, 20
#9610B, 50
Muscle Energy
#8908, 55
Musculoskeletal
Conditions
#1106C, 7
#9001, 55
Musculoskeletal
Disorders
#8906A, 55
Musculoskeletal System
#8906B, 56
Myofascial Pain
9909A, 44
Myofascial Release
#8908, 55
#9601B, 52
Myotherapy
#8908, 55

N

Nancy Schaffer
Memorial Golf Classic
#0504H, 21
#0504I, 21
#0704I, 19

Nancy Schaffer
 Memorial Golf Classic
 Fundraiser
 #1102F, 30
 Native American
 Reservation
 #0804, 19
 Natural Medicine
 #1004H, 18
 Neck Pain
 #9803, 48
 Neck Trauma
 #0504B, 22
 Neurocardiogenic
 Syncope
 #0201, 40
 Neuromuscular Therapy
 #9905, 45
 #9909, 44
 New York Senate
 #0903B, 26
 Nitric Oxide
 #0205, 16

O

Obesity
 #0205, 16
 Organ Transplants
 #0402, 34
 Orthodontia
 #9803, 48
 Orthodontics
 #0103B, 29
 Osteoarthritis
 #0404A, 22
 Osteopathic
 Manipulation
 #7802A, 58
 #8201, 57
 Osteopathic Medicine
 #7707A, 58
 Osteopathic Practitioners
 #0104D, 24
 Osteopathy
 #7911, 57
 #9505, 53
 Osteoporosis
 #0404A, 22
 #1105, 12

P

Pain
 #0102E, 35
 #7612, 59
 #7803, 58
 #7906, 57
 #7911A, 57
 9912, 44

Paralysis
 #0002, 43
 #8901, 56
 Parkinsons
 #0705C, 13
 Parlors vs. Therapists
 #9910A, 44
 Pat Collins
 #0208B, 2
 Pediatrics
 0903, 26
 Peripheral Stimulation
 Therapies
 #7612A, 59
 Physical Therapy
 #0404A, 22
 #0704G, 20
 #1004D, 18
 #9101, 54
 #9506, 53
 #9511A, 53
 #9604A, 51
 Physicians
 #9101, 54
 Physics
 #1005, 12
 Pia-to-Glial
 #0205A, 16
 Play Therapy
 #9506, 53
 #9604A, 51
 Post Traumatic Stress
 Disorder
 #0001A, 44
 #0405B, 14
 #0805A, 13
 Post-Traumatic Stress
 Disorder
 #0001, 44
 #0003, 43
 #0004, 42
 #0005, 42
 #0008, 42
 #0101, 41
 #0101C, 41
 #0603F, 27
 #1101A, 37
 #1101C, 36
 #9701A, 50
 Posture
 #0610, 2
 power to the body to
 listen
 #0703B, 27
 Prader Willi Syndrome
 #0503, 28
 Pregnancy Action Plan
 #0307, 6
 Pregnant Women And
 Newborns
 #0602A, 33

Primary Respiratory
 Mechanism
 #9801D, 48
 Process Acupressure
 #9601B, 52
 #9603A, 51
 #9606B, 51
 #9708, 49
 Process Psychology
 #9603A, 51
 Psyche
 #1101, 2
 Psychological Behaviors
 #0604A, 21

Q

Qigong
 #0304A, 23

R

Reflexive Sympathetic
 Dystrophy
 #0404, 22
 Renal Dysfunction
 #0205A, 16
 Research Study
 9912, 44
 Researchers and
 Practitioners of
 'Alternative'
 Therapies Divided
 #9802, 48
 Residual Psycho-Physical
 Effects
 #0204D, 23
 Rhythm of Cerebrospinal
 Fluid
 #0003B, 43
 Right-Brain/Left-Brain
 Theory
 #8208, 56
 Rolfing
 #0304D, 22
 Russia
 #0304A, 23

S

Sacroiliac Dysfunction
 #7803, 58
 Scarring
 #9708A, 49
 Sciatica
 #9803, 48
 Scoliosis
 #0106A, 11
 #0207C, 6

#0304C, 23
 #0705B, 13
 #8011, 57
 Scurlock-Durana,
 Suzanne
 #0106D, 11
 #0107D, 6
 #0706C, 9
 #0804, 19
 #1004, 19
 #1105B, 11
 0803B, 26
 Sensory Integration
 #0201, 40
 #1007B, 3
 #9712, 48
 Sensory Sensitivity
 #1007B, 3
 ShareCare
 #0205G, 15
 Significance Detector
 #1004G, 18
 Silent Waves
 #0303, 29
 #0604B, 21
 #0702, 33
 Sinus Problems
 #0702E, 32
 Sister Anne Brooks
 #0702A, 33
 #8703, 56
 #9011, 54
 Sleep Apnea
 #0205, 16
 #0903C, 26
 SomatoEmotional
 Release, 10
 #0106B, 11
 #0403A, 28
 #0706D, 9
 #8906A, 55
 #9001, 55
 #9103, 54
 #9809A, 47
 SomatoEmotional Release
 #0604C, 21
 Spastic Diplegia
 #9604A, 51
 Spasticity
 #0102, 36
 #1001, 37
 Spears, Donna
 #1203D, 25
 Spinal Cord Dysfunction
 #0002, 43
 #9811, 46
 Spinal Manipulation
 #8908, 55
 Spirituality
 #9703A, 50
 Still Point
 #1104, 17

Updated on 02/09/2011

Still Point Inducer
#0905C, 12
Still Point Inducers
#0807B, 3
Still-Point Inducer
#0203, 29
#1004E, 18
Stress
#0902B, 31
Stroke Patients
#1002A, 31
Stroke Rehab
#9804, 48
#9811C, 46
Surgery
#1107, 2
Swingle, Paul
#1203A, 25

T

Tendinitis
#0201A, 40
Tentorium Cerebelli
#0000C, 59
Teslar Watch
#1004B, 18
Therapeutic Imagery and
Dialogue
#0508, 2
#0803, 27
Therapeutic Massage
#0206A, 11
Therapeutic Presence
#0106C, 11
#1105B, 11
Thermography
#8308, 56
Tissue Memory
#0011A, 41
#0603C, 28
TMJ
#0105C, 16
#0208, 2
#0301C, 40
#0802B, 32
#0903C, 26
#0907, 3
#9003, 55
#9607, 51
#9703, 50
#9706A, 50
#9803, 48
#9906, 45
Toddler's Spasticity
After Near Drowning
#0701C, 38
Torn Ligaments
#0201A, 40
Toxins
#0704, 20

Trager
#8908, 55
Trauma Release Therapy
#9703, 50
#9705, 50
Trigger Points
#8908, 55
#9909, 44
Tri-State College of
Massotherapy
#0905A, 12
Tutwiler, MS
#8703, 56
#9011, 55
Twins
#0603A, 28
#0902C, 31
#1102F, 30
#1203, 25

U

UI UpDate Newsletter
#0003A, 43
#0009, 41
#0102D, 35, 41
#0603A, 28
#1002A, 31
#9609, 51
#9706, 50
#9801C, 48
#9810A, 46
#9906C, 45
UpClose Newsletter
#0001, 44
#0004D, 43
#0402A, 34
#0405, 15
#0504B, 22
#0701C, 38
#0702A, 33
#0704A, 20
#1003B, 25
#9604B, 51
#9610B, 50
#9701C, 50
#9704, 50
#9707A, 49
#9710, 49
#9801B, 48
#9804, 48
#9807D, 47
#9811C, 46
#9901B, 46
#9906B, 45
#9911, 44
Upledger Clinic
#0706A, 9
#1007, 3
Upledger Foundation
#0009, 41

#0304A, 23
#0306A, 10
#0402A, 34
#0502D, 34
#0507, 4
#0507B, 4
#0601A, 39
#0603D, 28
#0702C, 33
#0702F, 32
#0804, 19
#1002A, 31
#1004F, 18
#1101F, 36
#9811C, 46
#9911, 44
Upledger Institute
#0008D, 42
#0203A, 29
#0707A, 3
#0806A, 8
#9506, 53
#9603, 51
#9610C, 51
Upledger Institute
HealthPlex Clinical
Services
#1004F, 18
#9604A, 51
#9706B, 49
Upledger, Dr. John
#0000A, 59
#0003, 43
#0003B, 43
#0004A, 43
#0004B, 43
#0005, 42
#0006A, 42
#0010, 41
#0011A, 41
#0012A, 41
#0101D, 40
#0102D, 35
#0202, 35
#0203B, 29
#0206, 11
#0207B, 6
#0301B, 40
#0302A, 35
#0302C, 35
#0303A, 29
#0306, 10
#0401B, 39
#0403, 29
#0403B, 28
#0501, 39
#0507D, 4
#0601B, 39
#0603, 28
#0605B, 13
#0701, 38
#0901A, 38

#1201A, 36
#1204, 17
#7612, 59
#7612A, 59
#7707, 58
#7707A, 58
#7708, 58
#7802, 58
#7802A, 58
#7802B, 58
#7803, 58
#7806, 58
#7807, 58
#7812, 58
#7900, 58
#7902, 58
#7903, 57
#7904, 57
#7905, 57
#7906, 57
#7907, 57
#7911, 57
#7911A, 57
#8001, 57
#8004, 57
#8011, 57
#8012, 57
#8201, 57
#8209, 56
#8307, 56
#8308, 56
#8812, 56
#8907, 55
#8909, 55
#9002A, 55
#9500, 54
#9505, 53
#9509B, 53
#9601A, 52
#9606A, 51
#9610, 50
#9807, 47
#9808A, 47
#9811A, 46
#9904, 45
Upledger, Dr. John 75th
Birthday
#0307B, 6
#0507C, 4
Upledger, Lisa
#0008A, 42
#0204, 24
#0301C, 40
#0307E, 6
#0607C, 4
#0704H, 19

V

Vertigo
#9509, 53

Updated on 02/09/2011

#9512B, 52	#0502D, 34	Vocabulary of Touch	#0102D, 35
#9512C, 52	#0502E, 33	#9610A, 50	#1101D, 36
#9601, 52	#0601, 39		#1101E, 36
#9601A, 52	#0603A, 28	W	#1101F, 36
#9606A, 51	#0603B, 28		#1102E, 30
#9610B, 50	#0804, 19		Wycoff, Ann
Veterans	#0903B, 26	Wanveer, Tad	#0504G, 21
#0001A, 43	#1001A, 37	#0304C, 23	
#0205A, 16	#1002A, 31	#0407, 4	Z
#0405B, 14	#1203B, 25	#0907A, 3	
Visceral Manipulation	#1203G, 24	#1006A, 8	Zero Balancing
#0006B, 42	#9604A, 51	#1102E, 30	#0903B, 26
#0009, 41	#9806, 47	Wild Dolphins and	#9412, 54
#0101A, 41	#9807B, 47	Manatees	#9603A, 51
#0104C, 24	#9809, 47	#0705, 13	#9603B, 51
#0203A, 29	#9910, 44	Working Wonders	#9709, 49
#0205A, 16	Vision	#0605B, 13	
#0304A, 23	#0704A, 20	World Trade Center	

#1101A “Who Lives Behind the Mask?”, author **Stan Germon, LMT**. Stan describes his journey of discovering negative emotions and how to live with them in our day-to-day lives. Copying charge \$1.00+s&h

#1101 “Dialogue, Imagery, CranioSacral Therapy & Synchronicity”, author **Stan Germon, LMT**. Stan talks about the connection between physical and psyche, and the connection using CranioSacral Therapy. Copying charge \$1.00+s&h

#0610 “Posture: It’s an Inside Job”, author **Ann Harman**. Ann tells how to use the Feldenkrais Method to increase your posture. Copying charge \$1.00+s&h

#0508 “Who Lives Behind the Mask”, author **Stan Gerome, LMT**. Stan talks about how our inner psyche is like the universe and how it manages anger. He talks about his own inner struggle before creating the Therapeutic Imagery and Dialogue class. Copying charge \$1.00+s&h.

#0208B “Gentle Touch Provides Health Provides Health Benefits”, author **Valerie Zehl**, www.pressconnects.com, **February 13, 2008**. How therapist, Pat Collins uses CranioSacral Therapy to relieve a variety of patients’ ailments. Available at www.pressconnects.com.

#0208A “Therapists Preparing to Bring ‘Alternative’ Relief to Sderot”, author **Shelly Paz**, *The Jerusalem Post*, **February 25, 2008**. Daniel Tarlow, a CranioSacral Therapist asks for other therapists to donate their time to give therapeutic treatment to the stressed and traumatized people of Sderot. Available at www.jpost.com.

#0208 “Oklahomans Look to ‘Miracle Therapy’ to Relieve Pain, Autism”, author **unknown**, www.koco.com, **February 1, 2008**. This articles tells how CranioSacral Therapy relieves back pain, TMJ, and even autism. Available at www.koco.com.

#0108A “LilyPond Welcomes CranioSacral Practitioner”, author **LilyPond Aquatic Center**, www.villagesoup.com, **January 24, 2008**. Terry Miller uses BioAquatic CranioSacral Therapy on patients for a wide variety of ailments. Available at www.villagesoup.com.

#0108 “CranioSacral Therapy Targets Nerves”, author **Linda Bickford**, *Visalia Times-Delta*, **January 28, 2008**. How Therapist, Carol McClellan, uses CranioSacral Therapy to help a 5-year-old with Aicardia Syndrome.

#1207A “CranioSacral Therapy: Gently Allowing the Body to Heal Itself”, author **unknown**, www.battlecreekenquirer.com, **December 12, 2007**. This article tells about CranioSacral Therapy and what is involved in a typical treatment. Available at www.battlecreekenquirer.com.

#1207 “On Ethics”, author **Randy Cohen**, *The Palm Beach Post*, **December 2, 2007**. This short question and answer article is about the ethics of nurses using healing touch therapies on patients at hospitals. Available at Palm Beach Post December 2, 2007 archives.

#1107A “Misconduct Costs Massage Therapist His License, author **Peter Sur**, *West Hawaii Today*, **November 21, 2007**. This article is about the ethics of a massage therapist in Hawaii. Available at www.westhawaiiitoday.com archives.

#1107 “A New Patient Outreach Plan”, author **Phil Galewitz**, *USA Today*, **November 5, 2007**. How some hospitals are now offering Healing Touch therapy as a supplement to their patients’ recovery from surgery. Available at USA Today November 5, 2007 archives.

#1007C “CranioSacral Dynamics”, author **Judith A. Fudge, B.Ed., Dip.T.**, *PACE Yourself 2007*, **October 3, 2007**. This is a paper presented at a conference on the detailed dynamics of CranioSacral Therapy.

#1007B “One in 10 May Suffer From Sensory Sensitivity”, author Brenda McHugh, *The Palm Beach Post*, October 14, 2007. This article tells about Sensory Sensitivity, its symptoms and how sensory integration is used to treat it. Available at Palm Beach Post October 14, 2007 archives.

#1007A “Tremendous Progress 4 Years After Surgery”, author unknown, *The Palm Beach Post*, October 9, 2007. This is a picture of previously conjoined twins Ahmed and Mohamed Ibrahim with therapist Sally Fryer. Available at Palm Beach Post October 9, 2007 archives.

#1007 “Egyptian Conjoined Twins – 4 Years Later” author unknown, *www.MSNBC.com*, October 8, 2007. The article is an update on the formerly conjoined Egyptian twins Ahmed and Mohamed Ibrahim that were treated with CranioSacral Therapy here in the Upledger Clinic. Available at www.msnbc.com October 8, 2007 archives.

#0907B “The Kids Are All Right” by Clare La Plante, *Massage Therapy Journal*, Fall 2007. The article discusses children practicing ‘Peaceful Touch’ in the classrooms of Stockholm, Sweden in 2003. La Plante finds the ‘comfort of healthy touch can help children settle down and focus inward so that they are in an optimal state for learning’. The Upledger’s Compassionate Touch program briefly describes the pilot program in New Glarus, WI. Copying charge \$3.00+s&h.

#0907A “Autonomic Nervous System Dysfunction” by Tad Wanveer, *Massage Today*, September 2007. Dr. John Upledger has asked Tad Wanveer to share his insights in this month’s ‘CranioSacrally Speaking’ column. Wanveer discusses dysfunction of the autonomic nervous system (ANS) and how CranioSacral Therapy has been shown to balance and correct dysfunction of the ANS through gentle manual techniques. Available at www.massagetoday.com in the September 2007 archives.

#0907 “End Jaw Pain” by Amber Wolf, *Alternative Medicine*, September 2007. This is Wolf’s response to ‘Letters’ section in the May issue.’. The article, ‘Til Death Do Us Part? was about TMJ. Wolf was ‘dismayed the article didn’t mention craniosacral therapy as a tremendously effective treatment for this jaw condition’. For copies, contact the publisher.

#0807B “Still Point Inducer” author unknown, *Massage Magazine*, August/September 2007. This article is an ad describing still point inducers usage and how to order. Copying charge \$3.00 + s/h.

#0807A “How the CranioSacral Therapy Paradigm Applies to Other Modalities and Life” by Roy Desjarlais, LMT, CST-D, *Massage Today*, August 2007. Dr. John Upledger has asked Roy Desjarlais to share his insights in this month’s ‘CranioSacrally Speaking’ column. Desjarlais talks about how his first experience with CranioSacral Therapy (CST). He discusses the importance of intention, presence, start light and blending, and how it affects the therapist-client relationship. Available at www.massagetoday.com in the August 2007 archives.

#0807 “Part 2 The Long Unwinding Road” by Lisa Upledger, D.C., CST-D, *Massage Magazine*, August 2007. In this second part of a 3-part series, Dr. Upledger ‘describes the origins and development of CranioSacral Therapy and how this technique can be incorporated into a massage practice. Copying charge \$3.00 + s/h..

#0707B “CranioSacral Therapy for Children With Sensory Integration Dysfunction” by Rebecca Flowers, OTR/L, BCP, CST-D, *New Developments*, Summer 2007. The article defines sensory integration therapy and how, combined with CranioSacral Therapy, can ‘facilitate and further the changes that result from treatment’. For copies, visit www.devdelay.org.

#0707A “The Upledger Institute and Clinic: Powerful Skills From our Hands to Yours” author unknown, *New Developments*, Summer 2007. The article acknowledges New Developments’ Newsletter is made possible by a grant from the Upledger Institute and Clinic. The article talks about the services provided by The Upledger Institute and The Upledger Clinic. For copies, visit www.devdelay.org.

#0707 “Autism Spectrum Disorder: How CranioSacral Therapy Can Help” by Tad Wanveer, LMT, CST-D, *Massage Today*, July 2007. Dr. John Upledger has asked Tad Wanveer to share his insights in this month’s ‘CranioSacrally Speaking’ column. Wanveer discusses how CranioSacral Therapy has been shown to help the autistic individual find greater ease, both within themselves and in the world around them, by decreasing structural stress and strain on their central nervous system. Available at www.massagetoday.com in the July 2007 archives.

#0607C “Listen to The Experts” by Lisa Upledger, DC, *Massage Magazine*, June 2007. The article talks about the value of *Massage Magazine* in providing in-depth feature stories that demonstrate new techniques and show precisely how people’s lives are positively affected because of them. Copying charge \$3.00 + s/h.

#0607B “Upledger Dolphin Assisted Therapy Program” author unknown, *Spirits Evolving*, June 2007. The article talks about Suzanne Bovenizer’s (certified CranioSacral Therapist) recent trip to the Bahamas, and her experience with the dolphins. For copies visit www.SpiritsEvolving.com.

#0607A “Strong Enough for Parents, Gentle Enough for Their Kids” by John Upledger, DO, OMM, *Massage Today*, June 2007. In his column CranioSacrally Speaking, Dr. Upledger discusses how the gentle nature of CranioSacral Therapy has been shown to be highly effective with children of all ages. Available at www.massagetoday.com in the June 2007 archives.

#0607 “The Force of Gentle Therapy” by Richard Fowler, PT, *Advance for Physical Therapists & PT*, June 4, 2007. The article focuses on how to abandon the “no pain-no-gain” philosophy which can often unnecessarily hurt patients. At Fowler’s clinic, Gentle Pain Release Center, CranioSacral Therapy is used as their primary treatment modality. Listed in the article are several approaches to determine what degree of aggressiveness or gentleness is best for any given patient. For copies, visit www.advanceweb.com/pt.

#0507D “A Touching Experience in Ireland” by John Upledger, DO, OMM, *Massage Today*, May 2007. In his column CranioSacrally Speaking, Dr. Upledger shares a touching story from a CranioSacral Therapist (Geraldine Nolan) in Dublin, and how CranioSacral Therapy affected a group of country travelers. Available at www.massagetoday.com in the May 2007 archives.

#0507C “FSMTA Wishes Dr. John Upledger a Very Happy 75th Birthday” *Massage Message*, May/June 2007. This is a photo of Dr. Lisa Upledger presenting a birthday cake to Dr. John Upledger. For copies, contact the publisher.

#0507B “Upledger Foundation Unveils New Name” author unknown, *Massage Magazine*, May 2007. This is the announcement of the Upledger Foundation’s change of name to The Upledger Foundation for CranioSacral and Integrative Therapies. Pictured is Dr. Lisa Upledger working on a patient. Copying charge \$3.00 + s/h.

#0507A “Stepping Up to Fight Migraines”, by Anne Rogers, *The Palm Beach Post*, May 26, 2007. The author writes about the many years she has been plagued with migraines. She talks about all the remedies she has tried, some successful, and some not. She also lists and discusses 20 ways to treat migraines. Listed among this list is CranioSacral Therapy, and names the Upledger Institute as offering this therapy. For copies, visit anne_rodgers@pbpost.com.

#0507 “Doctor Headlines Inaugural Event for Upledger” by Shannon Donnelly, *Palm Beach Daily News*, May 3, 2007. The article highlights Dr. Lisa Upledger as the keynote speaker at the inaugural Palm Beach luncheon of the Upledger Foundation for CranioSacral and Integrative Therapies. Proceeds from the luncheon will provide treatment for children and victims of domestic violence. Included, were several pictures of those who attended the luncheon. Available at Palm Beach Post May 3, 2007 archives.

#0407 “Why Incorporate CranioSacral Therapy Into an Existing Manual Therapy Practice?” by Tad Wanveer, LMT, CST-D, *Massage Today*, April 2007. Dr. John Upledger has asked Tad Wanveer to share his insights in this month’s ‘CranioSacrally Speaking’ column. Wanveer discusses how CranioSacral Therapy how easily and effectively combines with many other forms of therapy. Available at www.massagetoday.com in the April 2007 archives.

#0307E “CranioSacral Therapy Working With the Body’s Self-Correcting Mechanisms” by Lisa Upledger, D.C., CST-D, *Massage Magazine*, March 2007. In this first of a 3-part series, Dr. Lisa Upledger describes the origins and development of CranioSacral Therapy, and how this technique can be incorporated into a massage practice. Dr. Upledger discusses the technique in action. While on a business trip, a patient was diagnosed with Bell’s Palsy. After only two weeks of treatment, his condition was almost completely relieved. Copying charge \$3.00 + s/h

#0307D “CranioSacral Therapy as a Treatment for Breach Pregnancy” by Karen Burke, LMT, *Massage Message*, March/April 2007. The article describes, in detail, how CranioSacral Therapy coached a breached baby’s position into the proper position for delivery. For copies, contact the publisher.

#0307B “Dr. John Upledger Celebrates 75th Birthday”, *Massage Today*, March 2007. This article provides a picture of Dr. Upledger and highlights Dr. Upledger’s background and notable accomplishments. Available at www.massagetoday.com in the March 2007 archives

#0307A “Helping the Brain Drain: How CranioSacral Therapy Aids ADD/ADHD” by John E. Upledger, DO, OMM, and Tad Wanveer, LMT, CST-D, *Massage Today*, March 2007. In his column CranioSacrally Speaking, Dr. Upledger discusses how CranioSacral Therapy can have a positive effect on brain and spinal cord functions. He talks about fluid movement being essential to optimal brain function and how CranioSacral Therapy relieves strain patterns and enhances fluid flow. Available at www.massagetoday.com in the March 2007 archives.

#0307 “Greater Expectations” by Sally Wallace Lynch, MS, CD-N, *Alternative Medicine*, March 2007. The author talks about her feelings and discoveries during her first pregnancy. She outlines a “pregnancy action plan” for each trimester. As part of the plan, she recommends using CranioSacral Therapy as a means of syncing your bodies and minds. For copies, visit www.alternativemedicine.com.

#0207C “Scoliosis and CranioSacral Therapy” by Tad Wanveer, LMT, CST-D, *Massage Today*, February 2007. Dr. John Upledger has asked Tad Wanveer to share his insights in this month’s ‘CranioSacrally Speaking’ column. Wanveer discusses how CranioSacral Therapy helps to unravel the mystery of the unknown origin of scoliosis. Available at www.massagetoday.com in the February 2007 archives.

#0207B “Lessons Out of School – Life Stories of Dr. John E. Upledger” *Massage & Bodywork*, February/March 2007. This is an ad for book of Dr. John E. Upledger’s life story. Copying charge \$3.00 + s/h.

#0207A “Touch Taps Spine’s ‘Hydraulic System’”, by Kelly Bothum, *The News Journal, Delawareonline*, February 13, 2007. A practitioner shows how CranioSacral Therapy heals the body from inside out. She believes ‘everybody has a self-healing mechanism’. An infant was experiencing GI problems. All the doctors said there wasn’t really anything medical they could do for her. CranioSacral Therapy was able to release her pain. Other testimonials are also discussed. For copies, visit www.delawareonline.com.

#0207 “David Halfon’s a Natural to Direct Intensive Programs for The Upledger Clinic” by Mary Thurwachter, *The Palm Beach Post*, February 12, 2007. The article provides background and recent accomplishment information on Halfon, LMT. Halfon talks about the different rewarding work he does at The Upledger Clinic. Available at The Palm Beach Post February 12, 2007 archives.

#0107D “The Gift of Therapeutic Presence” by Suzanne Scurlock-Durana, *Massage Today*, January 2007. Dr. John Upledger has asked Suzanne Scurlock-Durana to share her insights in this month’s ‘CranioSacrally Speaking’ column. The article discusses the importance of strengthening your therapeutic presence. Scurlock-Durana lists guidelines for before the session, during the session and after the session. Available at www.massagetoday.com in the January 2007 archives.

#0107C “Gentle Persuasion Releasing Developmental Restrictions With Light Touch Craniosacral Therapy” by Rebecca Flowers, *Massage & Bodywork*, December/January 2007. The article discusses how the lives of two babies were improved with CranioSacral Therapy. Dr. John E. Upledger, who developed CranioSacral Therapy ‘concedes that the true significance of his life’s work lies in the lives changed simply by helping the body’s natural healing mechanisms do their job’. The article also covers how CranioSacral Therapy was instrumental in preparing 15-month old conjoined twins Ahmed and Mohammed Ibrahim, for separation. Copying charge \$3.00 + s/h.

#0107B Untitled, *Yahoo! Health News*, January 26, 2007. The article starts with the statement “alternative medicine rarely discussed with doctors”. Of the 1,559 individuals surveyed, 63% reported having used one or more complementary and alternative medicine. But, 69% of those individuals did not discuss CAM with their doctors. The article discusses the importance of communicating their alternative treatments to their doctors. For copies, visit www.yahoo.com.

#0107A “What’s Lymph Drainage Therapy; What Does it Offer?” by Jane Shepard, M.Ed., L.L.C.C., *New Visions*, January/February 2007. The article focuses on how the lymph system functions and what happens when it is not working well. It describes the Lymph Drainage Therapy process and lists well indicated conditions where Lymph Drainage Therapy can successfully be applied. It talks about the importance of Lymph Drainage Therapy in pathology, with special functionality for edema and lymphedema. For copies, visit www.newvisionsmagazine.com.

#0107 “What I Do: Physical and Craniosacral Therapist” by Amanda Kramer, *Madison.com*, January 8, 2007. A Wisconsin therapist describes her experiences with CranioSacral Therapy. She was a physical therapist searching for other types of therapies that focused on the central nervous system. With CranioSacral Therapy, children had an increased calm, and improved attention and the ability for the kids to engage in school activities. For copies, contact Kramer.News@gmail.com.

#1206A “It’s a Family Affair” by John Upledger, DO, OMM, *Massage Today*, December 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses how CranioSacral Therapy a child with Erb’s palsy, and his mother who had a history of severe spinal problems. Available at www.massagetoday.com in the December 2006 archives.

#1206 “Dr. Christine Anderson, L.A. Chiropractor & Pediatric Expert, to Discuss Children’s Holiday Nutrition on KNX Nws Radio, Dec. 9” by Irwin Zucker, *NewsReleaseWire.com*, December 8, 2006. This is an announcement of Dr. Christine Anderson’s, Hollywood Chiropractor and producer of Dr. Christine Anderson’s Prenatal Yoga Dvd, interview on Dec 9th at 6:15 am on KNX News Radio. Dr. Anderson has completed CranioSacral Therapy I and II training from Upledger Institute in 2002. For copies, visit <http://www.promotioninmotion.net>.

#1106D “Chronic Pain and CranioSacral Therapy, Part 2” by Tad Wanveer, LMT, CST-D, *Massage Today*, November 2006. Dr. John Upledger has asked Tad Wanveer to share his insights in this month’s ‘CranioSacrally Speaking’ column. Wanveer discusses how ‘CranioSacral Therapy might enhance the body’s ability to naturally correct the imbalance and dysfunction that might be contributing to painful patterns.’ Available at www.massagetoday.com in the November 2006 archives.

#1106C “Craniosacral Therapy and Professional Responsibility” by Timothy W. Flynn, PT, PhD, OCS, FAAOMPT, Joshua A. Cleland, PT, PhD, OCS, FAAOMPT, Phil Schaible, PT, MS, *Journal of Orthopaedic & Sports Physical Therapy*, November 2006. This article examines an article in this issue written by Dr Downey and colleagues. Dr. Downey’s article explores the biological mechanisms of CranioSacral Therapy (CST). The results of this article, require the authors to seriously evaluate what role these techniques have in the management of patients with musculoskeletal conditions. Flynn, Cleland and Schaible feel that despite 50 years of investigation and promotion of CST by some practitioners, there remains a void in credible evidence supporting the ability of these techniques to alter the movement of the cranial sutures or improve patient-centered outcomes. For copies, contact the publisher.

#1106B “Craniosacral Therapy: The Effects of Cranial Manipulation on Intracranial Pressure and Cranial Bone Movement” by Patricial A. Downey, PT, PhD, OCS, Timothy Barbano, BDS, MS, DMD, Rupali Kapur-Wadhwa, BDS, MS, DMD, James J. Sciote, DDS, MS, PhD, Michael I. Siegel, PhD, Mark P. Mooney, PhD, *Journal of Orthopaedic & Sports Physical Therapy*, November 2006. This is a research report on CranioSacral Therapy (CST). This report examines in technical detail, the effects of low loads of distractive force applied to frontal bones. There are charts and graphs to support their research report. For copies, contact the publisher.

#1106A “Brain Clinic Opens in Bloomer” by Elisabeth Waldon, *The Daily News*, November 30, 2006. The article focuses on Penny Grinnell’s Sheridan, MI clinic where she practices CranioSacral Therapy (CST). Grinnell is a registered nurse working at Carson City Hospital. She talks about the benefits of CST in treating chronic headaches, neck and back pain, stress-related discomfort, and other disorders. For copies, e-mail Elisabeth Waldon at ewaldon@staffordgroup.com.

#1106 “The New Fountain of Youth – Facelift Massage” by Kamala Thiagarajan, *Massage Magazine*, November 2006. The article lists the benefits of a facelift massage. There are five different techniques, including the Upledger Facelift, that are discussed in length. The Upledger Facelift incorporates Lymphatic Drainage Therapy in addition to massage. Developed by Mya Bremen, this facelift adds greater variety to the massage therapist’s repertoire. For copies, visit www.massagemag.com in the November 2006 archives.

#1006A “Chronic Pain and CranioSacral Therapy, Part 1 by Tad Wanveer, LMT, CST-D, *Massage Today*, October 2006. Dr. John Upledger has asked Tad Wanveer to share his insights in this month’s ‘CranioSacrally Speaking’ column. Wanveer discusses how ‘irritation and abnormal activity of pain-processing elements and circuits throughout the body and nervous system contribute to chronic pain’. Available at www.massagetoday.com in the October 2006 archives.

#1006 “Families Who Got Help for Kids With Cleft Palates Gather to Share Experiences” by Michelle Sheldone, *TC Palm*, October 11, 2006. The article talks about a Palm Beach Gardens resident whose son was born with a cleft palate. She turned to CranioSacral Therapy when she was homebound taking care of her son. For copies, visit http://www.tcpalm.com/tcp/local_news/article/0,2545,TCP_16736_5056525,00.html.

#0906 “Understanding the E Work in Bodywork” by John Upledger, DO, OMM, *Massage Today*, September 2006. In his column CranioSacrally Speaking, Dr. Upledger presents an abbreviated version of Tim Hutton’s presentation at the 2005 Beyond The Dura conference. Dr. Hutton talks about how the E-word – energy in bodywork is sense-oriented. Available at www.massagetoday.com in the September 2006 archives.

#0806C “Easing Seizures” by John Upledger, DO, OMM, *Massage Today*, August 2006. In his column CranioSacrally Speaking, Dr. Upledger presents two letters from therapists who used the gentle approach of CranioSacral Therapy in the treatment of seizures. One of the letters is a heartwarming account of how the therapist treated her son who was plagued with seizures. Available at www.massagetoday.com in the August 2006 archives.

#0806B “Your Letters, E-mails and Comments” by Tedd Koren, D.C., *The American Chiropractor*, August 2006. A Jeff Thompson, D.C., responds to Dr. Koren’s article “Do Cranial Bones Move? (Ask the Italians)” in the June 2006 issue. Thompson states there is nothing particularly convincing in this article to substantiate any significant motion of the cranial bones across the sutures. Dr. Koren suggest Thompson reread his article. He also recommends Thompson to classes taught by the Upledger Institute. For copies, visit www.amchiropractor.com.

#0806A “New Director of Human Resources at Upledger Institute” Author unknown, *Natural Awakenings*, August 2006. The article announces the hiring of Gail Barton as Director of Human Resources. It sites her more than 20 years of experience. For copies, contact the publisher.

#0806 “Dolphin Assisted Therapy” by Sue Bovenizer, *ECHO*, August 2006. Bovenizer states that dolphins have a natural sonar, called echolocation, that emits sound waves through the water. In the Upledger Foundation’s therapeutic model, it is believed that this dolphin frequency can scan the human body and detect abnormalities, restrictions or disease states in the client’s tissue. The article talks about the dolphin therapy session and how the dolphins can transmit a frequency or resonance to a particular part of a person’s body, stimulating change in tissue structure, encouraging healing. For copies, contact Sue Bovenizer at 434-984-0764.

#0706E “Truth: The Golden Thread, Part Two” by John Upledger, DO, OMM, *Massage Today*, July 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses how ‘truthful self-discovery is the Golden Thread that runs through all therapies designed to help patients achieve permanent recovery as well as spiritual growth. Available at www.massagetoday.com in the July 2006 archives.

#0706D “SomatoEmotional Release: A Whole-Person Treatment” by Alice D. (Ali) Lindsey, MS, LMT, CST-D, *Dade Palms*, Summer 2006. The article points out how a therapist’s physical touch is often enough to trigger emotions and memories. Physical therapists are taught to leave emotions for mental health professionals to sort out. SomatoEmotional Release (SER) is a therapeutic process to facilitate the client’s self-healing process. Lindsey describes SER as a whole body event. For copies, visit <http://www.fsmta-dade.org>, Dade Palms – Summer 2006.

#0706C “The Gift of Presence – A Guide to Transform Your Work and Life, Part One: The Unspoken, Unseen Connection” by Suzanne Scurlock-Durana, *Dade Palms*, Summer 2006. The article describes three stories where the therapeutic bodyworkers were taking on the client’s pain. Scurlock-Durana points out how the bodywork session is significantly influenced by the therapist’s ability to hold a strong, healing presence. By recognizing when your energy reserves are low, you can develop healthy ways to nourish yourself. For copies, visit <http://www.fsmta-dade.org>, Dade Palms – Summer 2006.

#0706B “Compassionate Touch Teaches County Students Manners, Respect and Healing Ailments” by Ivy Herron, *The Brazil Times*, July 8, 2006. The article focuses on the potential to change a child’s outlook about personal relationships. Compassionate Touch is being taught to children at elementary schools and YMCA summer camps. The repetitive process teaches children to be nice and kind to each other. For copies, email missivy1964@yahoo.com.

#0706A “Newsmakers” *The Palm Beach Post*, July 17, 2006. Announcement of Roy Desjarlais’s appointment to vice president of clinical services for The Upledger Clinic. Available at The Palm Beach Post July 17, 2006 archives.

#0706 “Move Your Lymph and Thrive” author unknown, *SFGate.com*, 7/18/2006. The article talks about what role the lymph system plays in your body. It mentions that Bruno Chikly developed Lymphatic Drainage Therapy. The author describes the therapy session and how afterwards he was relaxed and peaceful. For copies, visit www.sfgate.com.

#0606E “Truth: The Golden Thread, Part One” by John Upledger, DO, OMM, *Massage Today*, June 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses the ‘process of leading the patient through honest and truthful self-discovery’. Upledger describes this as the “Golden Thread” ‘necessary for the initiation and continuation of self-healing, because it is only through self healing (as opposed to curing) that patients can experience both permanent recovery and spiritual growth. Available at www.massagetoday.com in the June 2006 archives.

#0606D “Massage Therapy, A Free Cure for Students” by Andrew Marshall, *SLCCglobelink.com*, 6/28/06. Marshall is a therapist at the Myotherapy College of Utah. She shares her experiences after a serious car accident. SLCC now offers free massages to students to help them relieve their stress. For copies, visit www.slccglobelink.com/media/storage/paper442/news.

#0606C “Truth: The Golden Thread, Part One” by John E. Upledger, DO, OMM, *Massage Today*, June 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses how one element shared by all effective healing methods is the process of leading the patient through honest and truthful self-discovery. He talks about the difference between healing and curing, and how to achieve healing. Available at www.massagetoday.com in the June 2006 archives.

#0606B “Are Headaches and Neck Pain Ruining Your Day? CranioSacral May be Your Soothing, Gentle Answer” by Bob Jensen, *Natural Awakenings*, June 2006. The author is a clinical massage therapist with his own practice. He points out how lifelong series of injuries, minor and major, and a variety of stresses, both physical and emotional, eventually cause us to suffer aches and pains. He discusses how CranioSacral Therapy reduced and eliminated chronic headaches, along with other pains in the neck and back. For copies, visit www.naturalawakeningsmag.com.

#0606A “Do Cranial Bones Move? (Ask the Italians) by Tedd Koren, D.C., *The American Chiropractor*, June 2006. The article states that cranial motion was introduced to the osteopathic profession by William G. Sutherland, DO, in the 1920’s. Listed in the article are several others who have continued work in this field. The article also writes about CranioSacral Therapy, as developed by John E. Upledger, DO, OMM. The article sights instances that support the theory that the cranial bones do move. For copies, visit www.amchiropractor.com.

#0606 “SomatoEmotional Release: A Whole-Person Treatment, by Alice D. Lindsey, MS, LMT, CST, *Dade Palms Newsletter*, Summer 2006. The article discusses how body tissues can hold memories and emotions. They can contribute to the blockages that can cause other further physical problems. Therapist can help guide patients through the SomatoEmotional release process of releasing those memories and emotions. For copies, contact the editor at louiseslee@gmail.com

#0506A “With the Lightest Touch, the Most Powerful Healing” by Angela Jeffs, *The Japan Times*, May 27, 2006. The author relates her personal experience with a craniosacral therapist in Japan. She describes her therapy session in detail and the positive effect she experienced. For copies, visit Japan Times online articles.

#0506 “When the Inner Physician Speaks, I Listen” by John E. Upledger, DO, OMM, *Massage Today*, May 2006. In his column CranioSacrally Speaking, Dr. Upledger shares his experiences with two different patients and how working with each of their Inner Physicians, they were able to positively affect the diagnosis of breast cancer. Available at www.massagetoday.com in the May 2006 archives.

#0406A “Skull the Focus of Therapy” by Sue Coulton, *The Border Mail*, April 20, 2006. The business article provides general information about CranioSacral Therapy. For copies, visit www.bordermail.com.au.

#0406 “For Better Client Outcomes, Just Add Water” by John E. Upledger, DO, OMM, *Massage Today*, April 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses the benefits of performing craniosacral therapy in the water, provides tips on treating patients in the water and about the dolphin assisted therapy program. Available at www.massagetoday.com in the April 2006 archives.

#0306A “Members in Motion” North Palm Beach Chamber/Palm Beach Post, March 15, 2006. Business brief about The Upledger Foundation receiving the 2005 President’s Award from the Association of Massage Therapists and Wholistic Practitioners. Available at The Palm Beach Post March 15, 2006 archives.

#0306 “ Understanding the Contraindications” by John E. Upledger, DO, OMM, *Massage Today*, March 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses when it is not appropriate to use craniosacral therapy and when an experience practitioner should perform the therapy such as in the case of strokes, spinal taps or skull fractures. Available at www.massagetoday.com in the March 2006 archives.

#0206A “How CranioSacral Therapy Complements the Practice of Massage”, *In Touch-FSMTA Tampa Bay*, February/March 2006. The article quotes comments by Dr. John E. Upledger on CranioSacral Therapy and how it complements therapeutic massage. A quote from Roy Desjarlais, LMT, CST-D, Vice President of the Upledger Institute, says CST is easy on the hands, so it can actually extend your career. For copies, contact the publisher.

#0206 “Exploring the Therapeutic Value of Craniosacral Therapy” by John E. Upledger, DO, OMM, *Massage Today*, February 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses the history of craniosacral therapy and how it is performed. Available at www.massagetoday.com in the February 2006 archives.

#0106C “The Gift of Presence – Part Two: Therapeutic Presence in Action” by Suzanne Scurlock-Durana, *Massage Magazine*, January 2006. In this article, Scurlock-Durana presents a guide to transform your work and life, before, during and after the therapeutic session. Copying charge \$3.00 + s/h.

#0106B “SomatoEmotional Release: A Whole-Person Treatment, by Alice D. Lindsey, MS, LMT, CST, *PATH Newsletter*, January 2006. The article discusses how body tissues can hold memories and emotions. They can contribute to the blockages that can cause other further physical problems. Therapist can help guide patients through the SomatoEmotional release process of releasing those memories and emotions. For copies, contact the editor at louisleslee@gmail.com.

#0106A “ The Potential Impact of Orthodontia on Whole-Body Health” by John E. Upledger, DO, OMM, *Massage Today*, January 2006. In his column CranioSacrally Speaking, Dr. Upledger discusses how braces and other orthodontic work can affect the craniosacral-neuromusculoskeletal relationship to impact the whole body. The article sites a case of a teenager with braces that suffered from scoliosis. Available at www.massagetoday.com in the January 2006 archives.

#0106 “Given the Light Touch of Therapy” by Elaine Hunter, *The Herald*, January 30, 2006. The article discusses the history and benefits of craniosacral therapy especially as it relates to children and the process of birth. The author relates her own observations about the treatment session her two year old son had. For copies, contact the publisher.

#1205A “No More Earaches” by John E. Upledger, DO, OMM, *Massage Today*, December 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses how CranioSacral Therapy can help children with earaches. He sites the book *Working Wonders, Changing Lives with CranioSacral Therapy* that provides a personal example of how CST helped cure the author’s daughter’s ear infections. Available at www.massagetoday.com in the December 2005 archives.

#1205 “CranioSacral Therapy Releases Hold on Subluxations” by Lisa Upledger, DC, CST-D, *The American Chiropractor*, December 2005. The articles discusses that craniosacral therapy in conjunction with chiropractic can provide more permanent relief to restrictions and subluxations than chiropractic alone. For copies, contact the publisher.

#01105B “The Gift of Presence. Part One: The Unspoken, Unseen Connection. *Massage Magazine*, November/December 2005 and Part Two: Therapeutic Presence in Action. A Guide to Transform Your Work and Life.” By Suzanne Scurlock-Durana, *Massage Magazine*, January 2006. The article discusses the importance of developing and enhancing good therapeutic presence. The article provides a case study as well as step by step tips for therapists. Copying charge \$3.00 + s/h.

#1105A “Twins to Say Goodbye”, by Amy Cohen-Gutierrez, *Palm Beach Post*, November 6, 2006. Photo of formerly conjoined Egyptian twins, Mohamed and Ahmed Ibrahim, getting ready to leave the US and return home to Egypt. The twins were treated at the Upledger Institute prior to their separation surgery in 2003. For copies, contact the publisher.

#1105 “Taming Osteoporosis” by John E. Upledger, DO, OMM, *Massage Today*, November 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses how patients experience the affects of osteoporosis may benefit from craniosacral therapy. He states that CST helps bring balance to the production and absorption of osseous tissue. Available at www.massagetoday.com in the November 2005 archives.

#1005D “Manual Techniques Addressing the Lymphatic System: Origins and Development” by Bruno Chikly, MD, DO (hon.), *Journal of the American Osteopathic Association*, Vol. 105, No. 10 October 2005. Chikly traces the origins and developments of the lymphatic system’s vital role in the whole body. In 1874 Dr. Andrew Taylor Still developed a medical system to facilitate natural healing processes by finding and correcting anatomical deviations that interfere with the free flow of blood and lymph and with the so-called “nerve” force in the body. For copies contact the publisher.

#1005C “Do Cranial Bones Move?” by Alice D. Lindsey, MS, LMT, CST, *PATH Newsletter*, October/November 2005. The article discusses how by observing the form and function of bones throughout the body, it can be determined that the cranial bones do indeed move. For copies, contact the publisher.

#1005B “Do Cranial Bones Move?” by Alice D. Lindsey, MS, LMT, CST, *Dade Palms*, October 2005. The article discusses how by observing the form and function of bones throughout the body, it can be determined that the cranial bones do indeed move. For copies, contact the publisher.

#1005A “Synergy of Minds – Dolphin-Assisted CranioSacral Therapy” by Shirley Vanderbilt, *Massage & Bodywork*, October/November 2005. The article discusses the use of dolphins while administering craniosacral therapy and the successes that have been seen in patients. The article specifically shares the story of a young boy with cerebral palsy that has shown great improvements since participating in the dolphin-assisted therapy intensive program. For copies, contact the publisher.

#1005 “Quantum Physics and CranioSacral Therapy” by John E. Upledger, DO, OMM, *Massage Today*, October 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses how some of the theories of quantum physics like constructive and destructive energy can be applied to craniosacral practices. Available at www.massagetoday.com in the October 2005 archives.

#0905C “On A Roll”, *Yoga Journal*, September/October 2005. The article discusses some do-it-yourself tips for experienced bodyworkers that don’t have time to get a massage. The still-point inducer is mentioned as a good product to use for headache relief. For copies, contact the publisher.

#0905B “Massage Therapist Workshop Participant”, *The Herald-Chronicle*, September 2, 2005. Article about Edith Martin participating in a craniosacral therapist I class and the information she learned. For copies, contact the publisher.

#0905A “Massage Therapy: getting started” by Laughing Crow, *The Vindicator*, September 4, 2005. The article features John Burek, founder of Tri-State College of Massotherapy. He discusses some of the techniques and training he practices and highlights Dr. Upledger’s work in tapping into the body’s

intelligence to facilitate healing as discussed in his books *Inner Physician* and *Cell Talk*. For copies, contact the publisher.

#0905 “Cellular Conversations” by John E. Upledger, DO, OMM, *Massage Today*, September 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses his book *Cell Talk* which addresses the cellular memory of the body and how manual therapists can tap into the body’s intelligence to facilitate healing. He shares a letter from a reader of the book and her experience speaking with her thymus as a way to ward off disease. Available at www.massagetoday.com in the September 2005 archives.

#0805D “Spa highlights craniosacral therapy”, *Lake Country Reporter*, August 11, 2005. Article about the general benefits of CranioSacral Therapy and the types of symptoms and diseases it can treatment. For copies, contact the publisher.

#0805C *UpClose*, News from The Upledger Institute HealthPlex Clinical Services, August 2005. Articles and topics include: Dolphin-Assisted Therapy Triggers Health Breakthroughs in Son and Mother, Dolphin Intuition Runs Deep and Meet Robyn Walpert, MPT, CST. Available at www.upledger.com in the Newsletter archives.

#0805B “Spa highlights craniosacral therapy”, *Kettle Moraine Index*, August 11, 2005. Article about the general benefits of CranioSacral Therapy and the types of symptoms and diseases it can treatment. For copies, contact the publisher.

#0805A “Craniosacral Therapy assists body’s healing process”, by Stacy Smith Segovia, *The Leaf-Chronicle*, August 3, 2005. General article about craniosacral therapy that specifically sites the benefits of the therapy for people suffering from post traumatic stress disorder and fibromyalgia. For copies, contact the publisher.

#0805 “The Natural Effects of Melatonin” by John E. Upledger, DO, OMM, *Massage Today*, August 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses the benefits of melatonin – that is reduces degenerative activities in the brain, spinal cord and nervous system and helps neutralize the proteins that cause the problems. Melatonin also helps the thymus-gland function and the immune system. Available at www.massagetoday.com in the August 2005 archives.

#0705E “Plastination Reveals the CranioSacral System” by Julie McKay, CMT, CST, BFRP, *Massage Today*, July 2005. The author describes with excitement the Body Works exhibit at the Chicago Museum of Science and Industry. She describes a number of different exhibits and what they reveal about the craniosacral system and the true anatomy of the body. Available at www.massagetoday.com in the July 2005 archives.

#0705D “Beyond the Dura 2005 Marks the Upledger Institute’s 20th Birthday” *Massage Today*, July 2005. Dr. Upledger was quoted regarding the changes he has seen the complementary health care field since the Beyond the Dura conference started. John Matthew Upledger shared his reflects on the accomplishments of the Upledger Institute in the past 20 years. Available at www.massagetoday.com in the July 2005 archives.

#0705C “A Natural Approach to Degenerative Diseases of the Central Nervous System” by John E. Upledger, DO, OMM, *Massage Today*, July 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses degenerative brain diseases like Alzheimers, Parkinsons and dementia and the biology behind it. He suggestions that hands on therapy like massage and CranioSacral Therapy could aide in removing the toxins causing the diseases from the body. Available at www.massagetoday.com in the July 2005 archives.

#0705B “The Hands of a Healer: CranioSacral Therapy” by Jill DeDominicis, *Vision Magazine*, July 2005. Article from the author’s perspective about her first CranioSacral Therapy session. It describes the relief she felt from a number of symptoms including slight scoliosis For copies, contact the publisher.

#0705A “Business Briefs”, *Jacksonville Journal-Courier*, July 17, 2005. Business brief about Doug Kircher completing training and certification in CranioSacral Therapy. For copies, contact the publisher.

Updated on 02/09/2011

#0705 “Local Healing for the Planet Draws Wild Dolphins and Manatees”, *Natural Awakenings*, July 2005. The article talks about an event at Matanzas Inlet where a group of people gathered for in water CranioSacral Therapy as a benefit for the Upledger Foundation. During the session, wild dolphins and manatees gathered around the group. The manatees were close enough to touch and one allowed CST to be performed on it. For copies, contact the publisher.

#0605B “Changing Hearts and Minds for 20 Years” by John E. Upledger, DO, OMM, *Massage Today*, June 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses his belief that the health and improvement of the patient is at the heart of what therapists do. He references a new book “Working Wonders: Changing Lives with CranioSacral Therapy” and provides an excerpt from a massage therapist. Available at www.massagetoday.com in the June 2005 archives.

#0605A “Unwind Your Mind. CranioSacral Therapy is Big in Boulder” by Elizabeth Marglin, *Boulder Magazine*, Summer 2005. The article discusses the history of CranioSacral Therapy and how the light touch of hands can help release blockages in the system. The article addresses some of the skeptics about the movement of the skull and if anything really happens during a treatment. Also states that the practice of CST has become popular in the Boulder, CO area. Copying charge \$1.00 + s&h.

#0605 “CranioSacral Therapy Comes to Coldwater” *The Daily Reporter*, June 14, 2005. Article about a three day workshop on CranioSacral Therapy workshop coming to Coldwater. The article highlights the experience of Jim and Regina Green, the therapists teaching the class. For copies, contact the publisher.

#0505B “In Response” by John M. McPartland, DO, MSc and Evelyn Skinner, DO BA, *Explore*, May 2005/Vol. 1, No. 3. In a letter to the editor, the authors urge people not to confuse cranial osteopathy with CranioSacral Therapy. For copies, contact the publisher.

#0505A “Exciting Times” by Ralph R. Stephens, BS, LMT, NCTMB, *Massage Today*, May 2005. A correction ran in this column regarding his March 2005 column regarding the ban of practicing CranioSacral Therapy in certain states. He writes that he was referring to Mississippi and that the ban has been lifted by the State Board of Massage Therapy according to the Upledger Institute. Available at www.massagetoday.com in the May 2005 archives.

#0505 “Upledger Institute Turns 20” by Brandi Schlossberg, *Massage Magazine*, May 2005. Article about the UI celebrating 20 years of teaching CranioSacral Therapy and educating people about its benefits. John Matthew Upledger is interviewed and discussed the history behind it, the number of classes offered and people taught and predicts a positive future for UI and CST. For copies, contact the publisher.

#0405E “Author Captures Essence of Program in Children’s Book”, *St. Louis Women’s Journal*, April/May 2005. Article about Sue Cotta, PT, ATC who authored “I Can Show You I Can”, a children’s book about the Compassionate Touch method. The book introduces the importance of touch to children, teachers and parents and shares the benefits and attitude changes in children who experience the method. For copies, contact the publisher.

#0405D “Children’s Program and Book Demonstrate the Power of Compassionate Touch”, *St. Louis Women’s Journal*, April/May 2005. Article about the Compassionate Touch method and the research conducted in schools about the Direction of Energy method. Dr. John Upledger is interviewed and he discusses the positive benefits touch has on children. He shares that research has shown a decrease in aggression and hyperactivity in children. For copies, contact the publisher.

#0405C “Upledger Institute CranioSacral”, *Cape May County Herald*, April 20, 2005. Article announcing that Linda Foster, NCTMB, CST-D will be presenting a two-day CranioSacral Therapy class. The article discusses what CST is and what conditions it can help. For copies, contact the publisher.

#0405B “The Healing Touch: CranioSacral Therapy at NASL” by Tammy Ragonese, *The Golden Eagle*, April 15, 2005. This article announces that CranioSacral Therapy is now being performed at Naval Air Station Lemoore Naval Hospital. Dr. John Upledger is interviewed about the history of CranioSacral Therapy, his research and it’s practical applications in health care. Capt. Sandra DeGroot is also interviewed and shares her enthusiasm for Dr. Upledger’s work and the benefits it will bring to the hospital, patients and veterans suffering from the affects of war and post traumatic stress disorder. For copies, contact the publisher.

#0405A “Centering the Session with Intention” by John E. Upledger, DO, OMM, *Massage Today*, March 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses using the power of intentioned touch to allow the client’s “inner wisdom” to direct treatment. Available at www.massagetoday.com in the April 2005 archives.

#0405 *UpClose*, News from The Upledger Institute HealthPlex Clinical Services, April 2005. Articles and topics include: Two-Week Intensive Releases 14 Years of Back Pain, An Obscure Side Effect of Extreme Weight, The Upledger Institute Celebrates 20th Anniversary, Schedule Set for 2005 Dolphin-Assisted Therapy Intensive Programs. Available at www.upledger.com in the Newsletter archives.

#0305F “Kramer Receives Innovative Craniosacral Therapy Training”, *The Three Lakes News*, March 9, 2005 and *Vilas Couty News-Review*, March 9, 2005. News brief on Lori Kramer completing a CSI class and general information about CranioSacral Therapy. For copies, contact the publisher.

#0305E “Research Conference”, *Chiropractic Products*, March 2005. Brief announcing the ninth international research conference, Beyond the Dura sponsored by the Upledger Institute. For copies, contact the publisher.

#0305D “New Therapies Promote Healing for Chronic Conditions” by Lorna Kerbel, PT, CST, LLCC, *Barre Gazette* and *The Journal Register*, March 31, 2005. General overview article about CranioSacral Therapy, how it works and what problems it helps. The article also gives an overview of Lymph Drainage Therapy and what condition that modality will benefit. For copies, contact the publisher.

#0305C “CranioSacral Therapy: Treatment Feels Like a Week in the Bahamas” by Betsy Rothstein, *The Hill*, March 17, 2005. Betsy Rothstein describes her personal response to her first-time experience with CranioSacral Therapy, discussing the deep relaxation and sense of peace she experienced following her first and second treatments by a physical therapist and a licensed massage therapist. “I left...feeling as though I had spent a week in the Bahamas” says Rothstein. For copies, contact the publisher.

#0305B “Institute in Gardens Heals Infants’ Misshapen Heads” by Andrea Olney, *The Palm Beach Post* Letters to the Editor, March 30, 2005. In the Letters to the Editor section, a grandmother discusses the gentleness and effectiveness of CranioSacral Therapy for correcting misshapen heads in infants delivered by Caesarean section, citing her own three grandchildren as examples. For copies contact the publisher directly at 561-820-4401.

#0305A “CST for Breastfeeding Blues” by Brandi Schlossberg, *Massage Magazine*, March/April 2005. This article discusses how CranioSacral Therapy is an effective technique and alternative to breast pumps/formula for mothers that have problems or pain with breastfeeding. For copies contact the publisher at 800-533-4263.

#0305 “Massage Therapists Take Center Stage at Beyond the Dura 2005” by Dr. John E. Upledger, *Massage Today*, March 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses the upcoming international research conference hosted by The Upledger Foundation. Available at www.massagetoday.com in the March 2005 archives.

#0205G “Workshop Teaches Natural Health Techniques”, *Marshall Advisor*, February 16, 2005. Article about Laurie Rowe teaching a ShareCare workshop, the introductory seminar that introduces the public to craniosacral therapy. For copies, contact the publisher.

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#0205F “Craniosacral Therapy Practitioner Expands with Opening of New Office in Shelburne”, by Barbara Young, *Diversity Magazine – Careers in Engineering and Information*, February 1, 2005.

Article about Edie Yovu expanding her practice and offering craniosacral therapy, specializing in pediatrics. For copies, contact the publisher.

#0205E “Mississippi CranioSacral Therapy Ban Lifted”, *Massage Today*, February 2005. After a simple educational demonstration, Mississippi State Board of Massage Therapy members approved the Upledger Institute as a CEU provider for massage therapists taking CranioSacral Therapy courses in the state. Available at www.massagetoday.com in the March 2005 archives.

#0205D “Resonating With Dolphins” by Terry Kalayjian, *AHP Perspective*, February/March 2005. Terry Kalayjian describes her experience of treating patients by CranioSacral Therapy while actively assisted by dolphins, providing examples of their intuitive healing abilities. Reprinted from the February/March 2005 AHP Perspective Magazine, with permission from the Association for Humanistic Psychology, ahpweb.org. Copying charge \$2.00 + s&h.

#0205C “Editor’s Notes: New Frontiers” by Julie Sinclair, *American Spa Magazine*, February 2005. The editor of *American Spa Magazine* discusses how Dr. Upledger’s book *CranioSacral Therapy: Touchstone for Natural Healing* provided insight into this gentle modality. She comments as well, that CranioSacral Therapy is becoming increasingly popular in spas worldwide. Available by searching the Archives at www.americanspamag.com.

#0205B “Survey of Lymphedema Patients Treated with Comprehensive Decongestive Physiotherapy (CDP)” by Jane Ratcliff Hill, PhD, PT, Rhonda King Jarvis, LPTA. This study/survey is available at www.iahe.com in the Lymph Drainage Therapy Case Studies.

#0205A IAHE Connection, Winter 2005. Articles and topics include: Come Celebrate 20 Years of Touch at Beyond the Dura 2005, The Visceral Manipulation Report, Advanced Lymph Drainage Therapy and Renal Dysfunction, CranioSacral Therapy: Utilizing the Pia-to-Glial Connection, The Upledger Institute’s Loyalty Rewards Program, Basic Acupressure and CST: An Integrative Approach to Healing Central Nervous System Disorders, The UI HealthPlex Corner: UI Gears Up to Aid New Round of Battle-Scarred Veterans, *Massage Today* To Launch New Website and Annual Award, IAHP Now Offers Professional Liability Insurance. Available at www.upledger.com in the Newsletter archives.

#0205 “An Obscure Side-Effect of Obesity” by John E. Upledger, DO, OMM, *Massage Today*, February 2005. In his column CranioSacrally Speaking, Dr. Upledger discusses how obesity, sleep apnea and nitric oxide are all intertwined and how the combination can be dangerous and even fatal. Available at www.massagetoday.com in the February 2005 archives.

#0105F “Compassionate Touch”, *HIHT News*, January 2005. Mrs. Eileen Diorio presented a teaching materials package containing a video, a training manual and an illustrated children’s story book about ‘*Helping Hands*’ to the Rural Development Institute (RDI), Himalayan Institute Hospital Trust in India, November 2004. The RDI is currently studying the possibility of offering the Compassionate Touch program to the children of the villages they serve. For copies, e-mail hihtpb@sancharnet.in.

#0105E “Reduce Pain & Anxiety Naturally” *The Fairfield Citizen-News*, January 19, 2005. Valerie Candela, an Upledger trained practitioner, discusses how CranioSacral Therapy is an effective holistic approach to wellness and healing for adults, children and infants. Available by searching the Archives at www.fairfieldcitizen-news.com

#0105D “Animals Can Find Healers,” *The Vindicator*, January 23, 2005. CranioSacral Therapy (CST) is becoming increasingly popular within the holistic veterinarian community as an effective treatment for animals. From back and joint problems to agility/sporting dogs and the special needs of geriatrics, CST provides a gentle technique to relieve a variety of ailments. Available by searching the Archives at www.vindy.com

#0105C “Annie’s Mailbox” by Kathy Mitchell and Marcy Sugar, *The Post-Crescent*, January 18, 2005.

In an Ann Landers style column, the authors respond to a reader question about temporomandibular joint pain and highlights CranioSacral Therapy as an effective treatment. Available by searching the Archives at www.postcrescent.com

#0105B “The Will to Persevere” by John E. Upledger, DO, OMM, *Massage Today*, January 2005.

In his column CranioSacrally Speaking, Dr. Upledger discusses a remarkable young man named Will who was helped with CranioSacral Therapy (CST) and Lymph Drainage Therapy (LDT). At 19, an altercation left Will in a coma with swelling to the brain and fractures to his face. Five years later, Will was run over by a 30-foot long 38,000-pound road grader causing bleeding from his nose, ears and eyes. With extensive LDT and CST treatments Will was able to get his body systems to work together instead of working against each other. He now feels better than he has ever felt noting that he sees clearer and is more responsive. Available at www.massagetoday.com in the January 2005 archives.

#0105A “Headache Honcho” by Lisa Upledger, DC, *Chiropractic Products*, January 2005.

This article discusses how in many situations, CranioSacral Therapy is one of the most valuable tools chiropractors can offer in the treatment of migraines. Dr. Upledger reviews: basic anatomy of the craniosacral system, cortical spreading depression, migraine headache phases, CranioSacral Therapy complements chiropractic, facilitated spinal cord segments and moving past pain to prevention. Available by contacting publisher at 310-642-4400 or at

<http://www.chiropub.com/Articles.ASP?articleid=C0501F03>.

#0105 “A Blueprint of Lymphatic Mapping” by Bruno Chikly, MD, DO (hon.), *Massage Therapy Journal*, Winter 2005.

Dr. Bruno Chikly, the developer of Lymph Drainage Therapy (LDT), provides a look at the history of LDT and manual lymphatic mapping (MLM). Complete with visual aids, he offers overviews of case studies, treating lymphedema as well as highlights into studies of the reliability of MLM. Copying charge \$2.00+s&h.

#1204C “Research Conference to Present New Breakthroughs in Integrative Health Care” *Massage Therapy Canada*, Winter 2004. The article announces the ninth international research conference, Beyond the Dura sponsored by the Upledger Institute. It highlights the presenters and topics, including craniosacral therapy and pediatrics. For copies, contact the publisher.

#1204B “Healing Touch for Animals” by Sally Morgan, *Many Hands*, Winter 2004. Written by Sally Morgan, an Upledger certified CranioSacral Therapist, this article discusses how CranioSacral Therapy (CST) can benefit horses, dogs and cats. Ms. Morgan also notes that CST can truly transform animals’ lives, is a new approach for reducing stress and promoting renewed health and vitality in companion animals and horses. For copies, contact the publisher at 413-586-5037.

#1204A “A Miracle Child” by Jean Green-Holden, *San Marcos Daily Record*, December 7, 2004. Shortly after birth, Katy Green-Holden was given only six months to live. While her exact diagnosis was never clear, they ranged from genetic disease to abnormal brain activity. Her family sought alternative treatments for her including CranioSacral Therapy. At age three, continues to be a survivor and looks forward to beginning school. For copies contact the publisher at 512-392-2458 or visit this link:

<http://www.sanmarcosrecord.com/articles/2004/12/05/news/news5.txt>.

#1204 “Performing the Initial CranioSacral Evaluation” by John E. Upledger, DO, OMM, *Massage Today*, December 2004.

In his column CranioSacrally Speaking, Dr. Upledger the developer of CranioSacral Therapy (CST), discusses the initial CST evaluation and arcing. The ultimate goal a therapist should work toward is to ensure the body is cleared of mobility restrictions and to achieve the highest level of craniosacral system function. Available at www.massagetoday.com in the December 2004 archives.

#1104B “Questioning CranioSacral Therapy” Letters and E-mail, *Massage Today*, November 2004.

Letter responding to a previous article by Dr. John Upledger regarding craniosacral therapy and the pulse of the fluid and movement of the cranio bones. The writer says that medical imaging can prove that the bones are not moving and the fluid is not “pulsing”. Available at www.massagetoday.com in the November 2004 archives.

#1104A “Research Conference”, *Chiropractic Products*, November 2004. Brief announcing the ninth international research conference, Beyond the Dura sponsored by the Upledger Institute. For copies, contact the publisher.

#1104 “The Still Point” by John E. Upledger, DO, OMM, *Massage Today*, November 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), discusses (a follow up to the October 2004 issue see #1004G below) the use of the craniosacral rhythm and the Still Point. By inducing a Still Point results may include increased blood flow to the brain and a therapeutic effect on the central nervous system and the entire body. Available at www.massagetoday.com in the November 2004 archives.

#1004J “Facility Offers Complimentary Therapies”, by Renee M. Liss, *West Seneca Bee*, October 7, 2004. Article highlighting the services offered by Life’s Gifts Unfolded, Inc., including massage therapy and Craniosacral Therapy. For copies, contact the publisher.

#1004I “Life’s Gifts Unfold, Inc. Offers Complimentary Therapies, Fitness Classes and Health Education”, by Renee M. Liss, *Amherst Bee*, October 6, 2004. Article highlighting the services offered by Life’s Gifts Unfolded, Inc., including massage therapy and Craniosacral Therapy. For copies, contact the publisher.

#1004H “From the Inside, Looking Out” by Marielle Rensen, *The South African Journal of Natural Medicine*, October 26, 2004. This article describes the history, methodology and experience of CranioSacral Therapy, including explanations of related anatomy and the author’s personal experience as both a patient and practitioner. Available at www.naturalmedicine.co.za in the October 2004 archives.

#1004G “The Significance Detector” by John E. Upledger, DO, OMM, *Massage Today*, October 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), discusses how therapists use the rhythm of cerebrospinal fluid (CSF) to gauge the significance of different types of internal physiological events. Dr. Upledger believes that the significance detector enables each client who receives CranioSacral Therapy to be a teacher to the therapist and in turn the therapist can use this information for exploration and verification. Available at www.massagetoday.com in the October 2004 archives.

#1004F “Upledger Hurricane Relief Day Spells Free Therapy for Those in Need,” *Hometown News*, October 15, 2004. The Upledger Foundation through The Upledger HealthPlex Clinical Services offered free CranioSacral Therapy sessions to any South Florida resident whose life was effected by recent hurricanes in the area. Upledger clinicians treated 36 patients and provided an invaluable service that was well received by the community. For copies contact the publisher at 772-465-5656.

#1004E “Interrupt the Stress Cycle” by Barbara Dennis, *Natural Health*, October 15, 2004. This article offers five “do-it-yourself” alternative body therapies to help reduce everyday tension including: lymphatic drainage, still-point inducer and direction of energy. These three therapies are part of The Upledger Institute curriculums. For copies visit www.naturalhealthmag.com and complete the Contact Us form.

#1004D “Pediatric Physical Therapists Aim for Optimum Function” by Kristen Demura, DPT, *PULSE*, October 2004. This follow-up article (see 0902C) provides a look into the physical therapy that the conjoined twins have received since their separation surgery October 2003. Available at www.pulse.dallasnews.com in the October 2004 issue.

#1004C “Separated Twins Said to Make Good Progress” by Sonja Isger, *The Palm Beach Post*, October 13, 2004. This follow-up article (see 0902C) provides an overview of the progress of the conjoined twins and discusses the treatment they received at The Upledger Institute HealthPlex Clinic. For copies contact the publisher at 1-800-896-5587.

#1004B “Time Zoning” by Robert Sullivan, *Vogue*, October 2004. This author discusses the Teslar watch and how the chip contained in the watch can help protect the users against the harmful effects of extremely low frequencies (ELFs). For copies contact the publisher at 1-888-728-4021.

#1004A “Manual Lymphatic Drainage Therapy” by Barbara J. Korosec, RN, MS, LLCC, *Home Health Care Management & Practice*, October 2004, Vol. 16, Num. 6, pp. 499-511. This article discusses how incorporating complementary therapies into standard healthcare practices can assist in escalating the healing process, enhancing general wellness, focusing on prevention and promoting a better quality of life. Manual Lymphatic Drainage Therapy is highlighted as well as a brief overview of the lymphatic system is provided. Available at <http://hhc.sagepub.com> in the October archives of Sage Publications.

#1004 “A Conversation with Suzanne Scurlock-Durana, CMT, CST-D, Developer of Healing from the Core,” October 2004. This interview offers insight into the Healing from the Core curriculum, the developer and how the therapy was created. Available at www.iahe.com in the articles section of Healing from the Core.

#0904A “Letters: The Key to Healing Mysteries” by Beverly Gray, *Massage Magazine*, September/October 2004. In the Letters to the Editor section, an Upledger trained practitioner notes the importance of understanding the body at a cellular level and how Lymph Drainage Therapy has allowed her to find a unique perspective into the body, inner wisdom and intention. For copies contact the publisher at 1-800-533-4263.

#0904 “Direction of Energy” by John E. Upledger, DO, OMM, *Massage Today*, September 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), discusses how a technique called Direction of Energy can have positive impacts on virtually anywhere on the body. He discusses work with mothers and their children and teaching this technique to elementary school children to increase their sense of accomplishment and self-esteem. Dr. Upledger offers a personal story on how this technique helped him when he had an eye injury. Available at www.massagetoday.com in the article archives.

#0804A “A Look Inside the Craniosacral System and How CST Helps” by John E. Upledger, DO, OMM, *Massage Today*, August 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), discusses the craniosacral system, cerebrospinal fluid and the role of CranioSacral Therapy in relation to impaired mobility and impaired accommodative abilities. Available at www.massagetoday.com in the August 2004 archives.

#0804 *Upledger UpDate*, Fall 2004. Articles and topics include: Upledger Foundation Taps Conventional and Complementary Healthcare Experts for Beyond the Dura Research Conference, The Visceral Manipulation Report, Redesigned Mechanical Link Curriculum Offers Immediate Benefits, CranioSacral Therapy Aids Learning on a Native American Reservation, The Upledger Foundation Update, Technique UpDate: Cranial Pumping, A Conversation with Suzanne Scurlock-Durana and Upledger Foundation Fundraising Weekend Hooks \$88,000. Available at www.upledger.com in the newsletter section.

#0704L “Treatment Stretch Boundaries – and Credulity” by Sandra Boodman, *The Record*, July 6, 2004. The article exams a variety of alternative therapies, including CranioSacral Therapy and questions the validity of the treatment. The article sites lack of research as a big issue. For copies, contact the publisher.

#0704K “Rowe Earns Highest Level of Certification” *The Daily Reporter*, July 10, 2004. Article about Lauri Rowe being certified as a craniosacral therapy diplomate, the highest level of CST certification. The article includes information about the certification program and about the classes Lauri is certified to teach. For copies, contact the publisher.

Updated on 02/09/2011

#0704J “International Massage Week is Coming” *Massage Today*, July 2004. Brief about the 10th Annual International Massage Week sponsored by the Associated Massage and Bodywork Professionals. The aim of the week is to raise public awareness about the benefits of massage and to encourage people to take extra time to care for their health through massage. Available at www.massagetoday.com in the July 2004 archives.

#0704I “Food, Fun and Fishing Featured at Festive Florida Fundraiser” *Massage Today*, July 2004. Brief about the Pirates of the Caribbean Casino Night and the Nancy Schaffer Memorial Golf Classic, two events that raised funds for the Upledger Foundation. Available at www.massagetoday.com in the July 2004 archives.

#0704H “Technique: CranioSacral Therapy” by Lisa Upledger, DC, *The American Chiropractor*, July/August 2004. Written by chiropractic physician Lisa Upledger, this article highlights how CranioSacral Therapy is an effective adjunctive therapy especially in a chiropractic clinic. Available at www.amchiropractor.com in the Past Issues section.

#0704G “CranioSacral Therapy Produces Relief and Reproach” by Christine Laue, *Omaha World-Herald*, July 16, 2004. This article describes how CranioSacral Therapy (CST), developed by Dr. John E. Upledger, provided relief for a client with ringing in his ears and dizziness and another client with multiple sclerosis. Often used as a complement to physical therapy, CST also assists with providing clients greater flexibility, better posture and stress management. Available at www.omaha.com using keyword search “upledger”.

#0704F “Bone of Contention” by Deborah Simons, *The Washington Post*, July 20, 2004. For two and one-half years, parents of a young child tried to determine what was causing their son to complain that his throat hurt. Over time, they took their son to a variety of doctors, specialists and he was subject to numerous tests. However, despite all the attempts to help him, his condition never improved. They were given the name of a doctor who uses complementary medicine and he was then diagnosed with enlarged lymph nodes and a buildup of fluid. They were then referred to a physical therapist for Lymph Drainage Therapy and two weeks after his sixth treatment, the child was pain free. Also includes a sidebar called Lymph Notes. Available at www.washingtonpost.com.

#0704E “Anger Regulation: Compassion Towards Oneself is the Key” by Martha Bramhall, MSW, LISW. This brief article discusses anger, what root causes may trigger reactions and how techniques such as CranioSacral Therapy and Visceral Manipulation can release traumatic memories that may be stored within the body, but out of our awareness. Copying charge \$1.00+s&h.

#0704D “Compassionate Touch Catches On” by Brandi Schlossberg, *Massage Magazine*, July/August 2004. This article highlights the statistically significant results of the charitable Upledger Foundation program called Compassionate Touch. By using simple direction of energy techniques inspired by the work of Dr. John E. Upledger, the developer of CranioSacral Therapy, kindergarten through second grade students have shown positive social skills, decreases in problem behaviors and overall increased compassion toward their peers. Copying charge \$1.00+s&h.

#0704C “The Circulation Between Cerebrospinal Fluid, Cerebral Interstitial Fluid and Lymph, Part Two” by Bruno Chikly, MD, DO (hon.), *Massage Magazine*, July /August 2004. This second installment (see #0504 for Part One) by the developer of Lymph Drainage Therapy, Bruno Chikly, MD, DO (hon.), includes the following topics: drainage of cerebrospinal fluid components through nasal lymphatics and optic nerve pathways, the spinal nerve root, the direct dural pathway, lymphatic drainage of cerebral interstitial fluid, drainage of the central nervous system, applications, lymphatic rhythm, direction of flow of drainage, hand pressure, quality of the lymph flow and hand techniques. The article includes several illustrations and a glossary. Copying charge \$2.00+s&h.

#0704B “Body Wise: Need a Tune-Up” by Michelle Stacey, O: *The Oprah Magazine*, July 2004. This brief column highlights CranioSacral Therapy as one of today’s most innovative body therapies to treat ailments such as stress, migraines and chronic fatigue. For copies contact the publisher at 1-888-446-4438.

#0704A *UpClose*, News from The Upledger Institute HealthPlex Clinical Services, July 2004. Articles and topics include: Clearer Vision Gives Youngster New Outlook, Cholesterol: Friend or Foe and Meet Francine Hammond, LMT, CST-D. Available at www.upledger.com in the newsletter section.

#0704 “Toxic Brain Injury (Encephalopathy)” by Dr. John E. Upledger, *Massage Today*, July 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), discusses the effects of toxins in the body and the hypothalamus area of the brain. Dr. Upledger notes that CST enhances the ability of cerebrospinal fluid to flush unwanted toxic materials. Available at www.massagetoday.com in the July 2004 archives.

#0604D “Therapeutic Massages – A Step Beyond Feeling Good into the Benefits of Holistic Health”, by Cindy Bertram, *The Woman’s Newspapers*, June 15, 2004. The article shares the story of Marth Schevers and what lead her to study alternative medicine including craniosacral therapy. She has started her own business Martha’s Vineyards, Inc. which provides therapeutic massage to clients of various hotels in Chicago. For copies, contact the publisher.

#0604C “The Body Center Uses Various Modalities of Healing at Newly Opened Burlington Facility” *Champlain Business Journal*, June 2004. The article highlights three massage therapists, Minday Cohen, David Tomlinson and Kate Kennedy who have opened The Body Center in Vermont. The Center offers a variety of massage and complementary modalities including SomatoEmtional Release and Craniosacral Therapy. The article gives a brief overview of what CST and SER are and their benefits for patients. For copies, contact the publisher.

#0604B “Massage Today: Book Review – Silent Waves” by Rick Robinette, *Massage Today*, June 2004. This book review describes *Silent Waves*, a book by Dr. Bruno Chikly, the developer of Lymph Drainage Therapy. As “a superb title...excellent text...comprehensive and detailed source of information...monumental accomplishment.” Review available at www.massagetoday.com in the June 2004 archives.

#0604A “All in the Head: Three Approaches to Mental Health Treatment that Stretch the Boundaries and Sometimes Credulity” by Sandra G. Boodman, *Washington Post*, June 29, 2004. This article looks at three alternative treatments used to treat a wide range of psychological and behavioral problems. CranioSacral Therapy is noted as effective for TMJ, as an alternative to spinal surgery and to assist with minimizing chronic pain. Available at www.washingtonpost.com by searching the archives using keyword “upledger”.

#0604 “Cholesterol: Friend or Foe?” by John E. Upledger, DO, OMM, *Massage Today*, June 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), takes an interesting and insightful look into cholesterol by offering an overview of its important role in nerve tissue, brain function and mitigation of inflammation throughout the body. Available at www.massagetoday.com in the June 2004 archives.

#0504I “Fundraising Weekend Hooks \$88,000 for Healthcare Charities”, *Palm Beach Post*, May 24, 2004. Brief in Notables with photos about the Pirates of the Caribbean Casino Night, the Nancy Schaffer Memorial Golf Classic and the Outback Barbecue and Celebrity Fishing Challenge, three events that raised funds for the Upledger Foundation. For copies contact the publisher at 1-800-896-5587.

#0504H “Upledger Raises \$88,000 for Charities” by Carol Saunders, *The Jupiter Courier*, May 12, 2004. Brief about the Pirates of the Caribbean Casino Night, the Nancy Schaffer Memorial Golf Classic and the Outback Barbecue and Celebrity Fishing Challenge, three events that raised funds for the Upledger Foundation. For copies, contact the publisher.

#0504G “Brain Waves” by Ann Wycoff, SPA, May/June 2004. This author provides a personal glimpse into her own CranioSacral Therapy (CST) experiences and how CST allowed her to feel less stress, positive effects on her muscles and a notably clearer mind and spirit. For copies contact the publisher at 805-745-7100.

#0504F “Yes, There Really Are 10 More Great Techniques”, *The American Chiropractor*, May/June 2004. CranioSacral Therapy, developed by Dr. John E. Upledger, is highlighted as an effective therapy for a wide variety of the dysfunctions and conditions addressed in a chiropractic setting. Available at www.amchiropractor.com in the May/June 2004 archives.

#0504E “CranioSacral Therapy: A Gentle, Powerful Touch”, “CranioSacral Therapy Certification”, “Most Memorable Patient: A Walking, Talking Miracle” by Esther M. Bauer, *PULSE*, May 2004. This three-part article provides a look into the use of CranioSacral Therapy at the practice of physical therapist Sally Fryer. From treating her nephew after a near drowning experience, to the Egyptian conjoined twins and autistic and developmentally impaired children, Ms. Fryer illustrates the profound and effective results she has produced for her clients. Copying charge \$2.00 plus s&h or read at www.pulse.dallasnews.com in the May 2004 issue.

#0504D “CranioSacral Therapy: Who Shall Do It?” by John E. Upledger, DO, OMM, *Massage Today*, May 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy (CST), describes his early work with the Menninger Foundation, developing the 10-step protocol, educating therapists and other “nonphysician” practitioners in the use of CST. Available at www.massagetoday.com in the May 2004 archives.

#0504C “Florida Governor Encourages CranioSacral Therapy and Chiropractic Partnership” by Rebecca Razo, *Massage Today*, May 2004. Gov. Jeb Bush signed Senate Bill 2002 to allocate funding for a chiropractic college at Florida State University. The Upledger Institute and Alan Adams, DC, PhD were invited to work with FSU to create a productive partnership as CranioSacral Therapy complements chiropractic work. Available at www.massagetoday.com in the May 2004 archives.

#0504B *UpClose*, News from The Upledger Institute HealthPlex Clinical Services, May 2004. Articles include: *CranioSacral Therapy Unravels Effects of Neck Trauma* about an avid polo player who sustained injury after falling from his horse and *Meet Mya Breman, LMT, LCSW, CST-D* a glimpse into the career of an Upledger HealthPlex Clinical Services staff member. Available at www.upledger.com in the newsletter section.

#0504A “In Review: Cell Talk” by Bev Clarke, LMT, CST, *Massage Magazine*, May/June 2004. This book review of Dr. John E. Upledger’s *Cell Talk* describes the book as a “powerful” with “significant detail” and “tremendous implications”. For copies, contact the publisher at 1-800-533-4263.

#0504 “The Circulation Between Cerebrospinal Fluid, Cerebral Interstitial Fluid and Lymph, Part One” by Bruno Chikly, M.D., *Massage Magazine*, May/June 2004. Dr. Bruno Chikly, the developer of Lymph Drainage Therapy, explains how to help enhance/optimize fluid circulation between the deepest parts of the central nervous system and the rest of the body; treat inflammation, swelling and chronic pain; help with immune-system function, detoxification and tissue regeneration. Copying charge \$2.00 plus s&h.

#0404A “For Older Women with Skeletal Changes, Beauty is More than Skin Deep” by Wendi Evans, PT, *YourHEALTH Magazine*, April 2004. This brief article highlights how physical therapy used in conjunction with CranioSacral Therapy and Visceral Manipulation can help to improve posture and function as well as aid in managing pain for instances involving osteoporosis and osteoarthritis. Copying charge \$1.00+s&h.

#0404 “21-Year-Old Looks Forward to Pain-Free Adulthood” by John E. Upledger, DO, OMM, *Massage Today*, April 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy, describes his treatments for a patient diagnosed with reflexive sympathetic dystrophy

(RSD). After years of intense pain and being prescribed methadone, she finally was able to live most days pain-free and has improved balance. Available online at www.massagetoday.com in the April 2004 archives.

#0304G “CranioSacral Therapy: Following the Body’s Cues” by Becky Peeling, APR, *Spa Life*, Spring 2004. The article provides general information about the history of CranioSacral Therapy, the benefits of the therapy and the types of symptoms it can address. For copies, contact the publisher.

#0304F “In Defense of CranioSacral Therapy” Letters and E-mails, *Massage Today*, March 2004. Letters of support from a massage therapist who practices craniosacral therapy and a parent whose child received CST for Erb’s Palsy. Available online at www.massagetoday.com in the March 2004 archives.

#0304E “OT Teams with Other Modalities to Boost Whole Brain Learning” by Mari Miyoshi, OT, *YourHEALTH Magazine*, March 2004. This brief article focusing on children, notes how CranioSacral Therapy can provide a useful complement to occupational therapy, especially for treating motor difficulty and developmental delay. Copying charge \$1.00+s&h.

#0304D “Sultan’s Internal External Typology” by Jeffery Burch, *Tensegrity News*, Spring 2004. This article reviews how CranioSacral Therapy, developed by John E. Upledger, DO, OMM, complements a form of bodywork called Rolwing. For copies, contact the publisher at 360-438-2320.

#0304C “The Soft Tissue Approach to Scoliosis and CranioSacral Therapy” by Tad Wanveer, LMT, CST-D, *FCA Journal*, March/April 2004. Tan Wanveer, an Upledger HealthPlex clinician and certified instructor, presents an overview of CranioSacral Therapy and how it can benefit individuals with scoliosis and adverse restrictive strain patterns within body tissue. For copies contact the publisher at 407-290-5883 or visit www.fcachiro.org.

#0304B “CranioSacral Therapy in the Capitol” by Brandi Schlossberg, *Massage Magazine*, March/April 2004. This brief article highlights the growing trend in state capitols to introduce CranioSacral Therapy to state legislators and their staff. For copies contact the publisher at 800-533-4263.

#0304A *IAHE Connection Newsletter*, The International Alliance of Healthcare Educators, Spring 2004. Articles and topics include: Upledger Institute Introduces CranioSacral Therapy at Russian Conference, The Visceral Manipulation Report, Upledger Foundation to Host CranioSacral Therapy Awareness Month Events in April, Join Florida’s CranioSacral Therapy Legislative Day, Multidisciplinary Approaches Conference to Examine Low Back and Pelvic Pain Management, Mechanical Link as a Global Therapeutic Protocol, The Complementary Disciplines of HANDLE and CranioSacral Therapy, Qigong T’Chings Workshop: A Pathway to Self-Healthcare, Self-Healing and Peace of Mind, Registry of Schools Supports Educational Excellence, Basic Acupressure: A New Evolution of Ancient Healing Techniques, The UI HealthPlex Clinic Corner: Treat Yourself and Upledger Institute to Launch Dolphin-Assisted Therapy. Available online at www.upledger.com in the newsletters section.

#0304 “Connective Tissue Leads to the Core of Good Health” by John E. Upledger, DO, OMM, *Massage Today*, March 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy, provides a look into the importance of fascia in CranioSacral Therapy and his belief that motion is health, and stasis results in disease. Available online at www.massagetoday.com in the March 2004 archives.

#0204F “Dr. Smith Completes Special Course”, *The Fairhope Courier*, February 4, 2004. News brief about Dr. Ken Smtih completing courses on craniosacral techniques. For copies, contact the publisher.

#0204E “Therapist Attends Workshop” *Chronicle Tribune*, February 1, 2004. News brief about occupational therapist Cyndi Scott taking a craniosacral therapy I class and the types of techniques she learned. For copies, contact the publisher.

#0204D “In Body Mind Healing, Clients May “Release” Without Recalling Trauma”, by Martha Bramhall, MSW, LISW, *YourHEALTH Magazine*, February 2004. The article discuss how body mind

Updated on 02/09/2011

healing helps rid the mind and body of residual psycho-physical effects related to a past traumatic physical or emotional experience. These incidents leave energy imprints on the body. During a session, the therapist works to release these imprints to gentle manipulation and dialogue. Copying charge \$1.00+s&h.

#0204C “Gentle Touch: Discovering CranioSacral Therapy” *Natural Life Review*, Feb/March 2004. This article provides an overview of CranioSacral Therapy (CST) including: How CST Works, Benefits of CST and The Foundations of CST. Copies available by contacting publisher (Australia) +61 7 3899 3610.

#0204B “Addressing the Skeptics, Part II” by John E. Upledger, DO, OMM, *Massage Today*, February 2004. In his column CranioSacrally Speaking, Dr. Upledger, the developer of CranioSacral Therapy, provides his second installment to highlight the effectiveness of CranioSacral Therapy and the research that done over many years to support the efficacy of CST. Available online at www.massagetoday.com in the February 2004 archives.

#0204A “CranioSacral Therapy: Seeking the Healing Power of the Body”, *Beach City Health*, Winter 2004. Upledger trained practitioner Karen Axelrod discusses how she uses CranioSacral Therapy, developed by John E. Upledger, DO, OMM, to help clients with stress reduction, pain management and for injuries resulting from car accidents. Visit www.bchd.org/healthindex.html.

#0204 “How Alternatives Measure Up” by Bob Guldin, *Washington Post*, February 3, 2004. Dr. Lisa Upledger, a chiropractor and Upledger practitioner, describes how CranioSacral Therapy releases chronic contractures of the fascia and connective tissue and may help clients with height issues. Visit www.washingtonpost.com and search the archives using keyword “upledger”.

#0104E “A Variety of Treatment Options Available” *Express Star*, January 28, 2004. The article highlights the benefits of different types of manual therapies for a variety of problems that tradition medicine could not solve. For copies, contact the publisher.

#0104D “Canada Has Few Osteopathic Practitioners” Letters to the Editor, *The Medical Post*, January 27, 2004. The letter responds to an article about the small number of osteo practitioners in Canada. The author suggestions finding some who knows craniosacral therapy and directs readers to the Upledger Institute Web site. For copies, contact the publisher.

#0104C “When Other Chronic Pain Therapies Fail, Visceral Manipulation May Help” by Ronald Murray, PT, ND and Martha Bramhall, MSW, *YourHEALTH Magazine*, January 2004. This brief article outlines how visceral manipulation can be used to treat chronic pain. Visceral manipulation can also assist in releasing emotional trauma stored in an organ particularly following physical trauma. Copying charge \$1.00+s&h.

#0104B “The Physics of Energy in Bodywork” by Tim Hutton, PhD, LMP, CST-D, *Washington Massage Journal*, Jan/Feb 2004. Tim Hutton, an Upledger trained practitioner, provides and insightful look into the role energy plays in bodywork. He believes energy passed from the therapist can help a client move past barriers toward better health. For copies, contact the publisher at 425-487-1031.

#0104A “Addressing the Skeptics, Part I” by Dr. John E. Upledger, *Massage Today*, January 2004. Dr. Upledger, the developer of CranioSacral Therapy, addresses his successful treatment of a teenager through his use of CranioSacral Therapy and dialoguing with her organs and immune cells. Available online at www.massagetoday.com in the January 2004 archives.

#0104 “Massage Therapists and Breast Care: Easing the Controversy” by Bruno Chikly, MD, DO (hon.), *Massage Today*, January 2004. The developer of Lymph Drainage Therapy provides insights into breast massage including guidelines for Therapeutic Breast Care and Lymphatic Breast Care. Available online at www.massagetoday.com in the January 2004 archives.

#1203H “Non-Invasive, Gentle Treatment for Colicky, Fussy Babies” by Ronald Murray, PT, ND and Martha Bramhall, MSW, *YourHEALTH Magazine*, December 2003. This brief article outlines the

treatments used for infants with colic. The authors note that CranioSacral Therapy provides “significant change in a relatively short period.” Copying charge \$1.00+s&h.

#1203G “Healing Movement in Woodbury” by Abigail Martin, *The Litchfield County Times*, December 26, 2003. Upledger trained practitioner Ellen Richards discusses her work with CranioSacral Therapy, developed by John E. Upledger, DO, OMM and Visceral Manipulation, developed by Jean-Pierre Barral. By employing these therapies into her practice, Ms. Richards believes she can offer a range of holistic services to promote health and well being. For copies contact the publisher at 860-355-4121.

#1203F “The Wonder of Healing Through Gentle Touch” by Jeff Meyers, *Press Republican*, December 16, 2003. Shannon Forgette, an Upledger trained practitioner, how CranioSacral Therapy, developed by John E. Upledger, DO, OMM, has helped her treat clients with a variety of medical concerns. For copies contact the publisher at 518-561-2300.

#1203E “Therapist Expounds the Benefits of Touch and Lymph Circulation” by Beverly Gray, *The Arab Tribune*, December 10, 2003. Lymph Drainage Therapy, developed by Bruno Chikly, MD, DO (hon.) is the focus of this article by licensed massage therapist Beverly Gray of Arab, Alabama. Ms. Gray points to the effectiveness of LDT for multiple sclerosis, swollen legs during pregnancy, reflex sympathetic dystrophy, knee replacement and general overall wellness. For copies contact the publisher at 205-586-3188.

#1203D “Raging Water, Raging Fear” by Donna Snow Spears, LMT, NCTMB, *Massage Today*, December 2003. Upledger trained practitioner Donna Spears discusses her journey in The Upledger Institute’s BioAquatic workshop in the Bahamas. For Donna, this was an event in self-discovery, resolution and ultimately transformation. Available online at www.massagetoday.com in the December 2003 archives.

#1203C “Book Review: Cell Talk – Talking to Your Cell” reviewed by Lisa Mertz, *Massage Therapy Journal*, Winter 2004. This book review states, “For massage therapists, Upledger offers a way to experience profound levels of healing with listening hands. For the rest, the book will enlighten and inspire.” For copies contact the publisher at 847-864-0123.

#1203B “Visceral Manipulation: A Powerful New Frontier in Bodywork” by Jeffrey Burch, *Connections*, Oct/Nov/Dec 2003. Jeffrey Burch, an Upledger trained practitioner, offers insight into how Visceral Manipulation provides precise interventions. Article discusses the role of organs, treatment methods, functional methods, recoil, induction of motility, anatomy and palpation and offers examples and clinical insights. Available online at www.amtwp.org in the Resources heading and look for link to *Connections* newsletter.

#1203A “CranioSacral Therapy Alters Brain Functioning: A Clinical Overview” by John Upledger, DO, OMM, *Massage Today*, December 2003. In his column *CranioSacrally Speaking*, Dr. Upledger, the developer of CranioSacral Therapy (CST) discusses the work and research of Paul Swingle, PhD, FCPA, RPsych to investigate the effect CranioSacral Therapy has on brain activity. From those results, Dr. Swingle was able to treat a wide range of disorders using CST. Available online at www.massagetoday.com in the December 2003 archives.

#1203 “Formerly Conjoined Twins Successfully Separated, Doctors Remain Hopeful” by Rebecca Razo, *Massage Today*, December 2003. Dr. John E. Upledger, DO, OMM, developer of CranioSacral Therapy, treated formerly conjoined Egyptian twins, Ahmed and Mohamed Ibrahim with CST to help their brains begin to function independently. Dr. Upledger hopes to continue with CST treatments to help the boys clear residual tissue trauma. Available online at www.massagetoday.com in the December 2003 archives.

#1103A “Multidisciplinary Approaches to Low Back and Pelvic Pain: A Conversation with Judith DeLany, LMT and Leon Chaitow, DO, ND” by Sharon Desjarlais, *Massage Message*, November/December 2003. In an interview with the driving forces behind the highly successful Multidisciplinary Approaches seminars, Judith DeLany and Leon Chaitow, the focus is on the June 2004 conference and what makes it especially compelling. For copies contact the publisher at 1-877-376-8248.

#1103 “CranioSacral Therapy: Ease Aches and Pains with Body Work” by Lori Tobias, *Vegetarian Times*, November 2003. This article chronicles a young woman’s struggle with the diagnosis of degenerative disc disease. After unsuccessful attempts with traditional methods, she discovered CranioSacral Therapy; a gentle modality developed by Dr. John E. Upledger, and received relief from her chronic pain. For copies contact the publisher at 1-800-346-0990.

#1003C “What is CranioSacral Therapy?” by Ray Mercurio, LMT, *Natural Awakenings*, October 2003. General overview article about CranioSacral Therapy and the types of problems it helps including migraine headaches. For copies, contact the publisher.

#1003B *UpClose*, News from The Upledger Institute HealthPlex Clinical Services, November 2003. Articles and topics include: Focus Shifts from Limitations to Possibilities for Pain Patient, The Upledger Foundation Update and Meet Nancy Westphal, LMT, CST-D. Available online at www.upledger.com in the newsletters section.

#1003A “CranioSacral Therapy and Scientific Research, Part II” by John E. Upledger, DO, OMM, *Massage Today*, November 2003. In his column *CranioSacrally Speaking*, Dr. Upledger, the developer of CranioSacral Therapy, presents his second installment regarding the scientific research used to develop CranioSacral Therapy. Available online at www.massagetoday.com in the November archives.

#1003 “CranioSacral Therapy and Scientific Research, Part I” by John E. Upledger, DO, OMM, *Massage Today*, October 2003. In his column *CranioSacrally Speaking*, Dr. Upledger, the developer of CranioSacral Therapy, outlines the scientific research that was completed to form the basis for CranioSacral Therapy. Available online at www.massagetoday.com in the October archives.

#0903C “Therapists Try to Perfect Healing Touch” by Terri Johnson, *Observer-Reporter*, September 23, 2003.

Upledger trained physical therapist Susan Mavrich discusses her use of CranioSacral Therapy to help clients with back pain, sleep apnea, bruxism and temporomandibular disorder. Available online at www.observer-reporter.com using the Quick Search function with keyword “upledger”.

#0903B *IAHE Connection Newsletter*, The International Alliance of Healthcare Educators, Fall 2003. Articles and topics include: New York Senate Majority Leader Sponsors CranioSacral Therapy Awareness Day, The Visceral Manipulation Report, French Osteopath Paul Chauffour to Teach Mechanical Link in America, Dr. Bruno Chikly Introduces Adv. Lymph Drainage Therapy II, Therapists Gear Up to Make an Impression on Legislators Countrywide, Imagery, Dialogue, CranioSacral Therapy and Synchronicity, The Upledger Foundation UpDate, Integration and Balance: Using Zero Balancing to Enhance Body-Mind Stability and The UI HealthPlex Clinic Corner. Available online at www.upledger.com in the newsletters section.

#0903A “AquaCranial Therapy: A Spa Treatment for the Adventurous Soul” by Courtney Mather, *Massage Magazine*, September/October 2003. Upledger trained practitioner, Rebecca Goff, uses the model of CranioSacral Therapy developed by Dr. John E. Upledger, DO, OMM, to help clients in a water environment in Hawaii. Copying charge: \$2.00+s&h or visit www.massagemag.com.

#0903 “CranioSacral Therapy in the Medical Realm: Two Physicians Explore the Healing Power of CST” by Brandi Schlossberg, *Massage Magazine*, September/October 2003. Andrew Fryer, MD, a pediatric cardiologist and Michael Allen, MD, a pediatrician share how CranioSacral Therapy (CST) has made a profound impact on their abilities to treat patients. Dr. Allen attributes CST to having transformed the health of his son and his pediatric practice. Dr. Fryer uses CST across the scope of his practice and is setting up a pilot study on the use of CST on children following open-heart surgery. For copies of the article, visit www.massagemag.com.

#0803D "Massaging the Mind: Unlocking the Mystery of CranioSacral Therapy" by Jean MacDougall-Tattan, *The Eagle Tribune*, August 25, 2003. Featuring Upledger trained practitioners Tom McDonough and Sharon Henderson discussing their work with clients using CranioSacral Therapy, a gentle touch modality developed by Dr. John E. Upledger. Both practitioners expressed that they have clients from infants to senior citizens where CranioSacral Therapy has had profound beneficial effects. Available online at <http://www.eagletribune.com/framesets/searcharch.htm> by searching the 8/25/03 archives in the Lifestyle heading.

#0803C "BioAquatic CranioSacral Therapy Can Release Restrictions to Improve Health" by Sheryl McGavin, MBA, OTR/L, *ADVANCE for Directors in Rehabilitation*, August 2003. Sheryl McGavin, a CranioSacral Therapy (CST) practitioner at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Florida, discusses how the effectiveness of CST is amplified while working with a client in the water. Ms. McGavin explains how a client with multiple injuries after a severe fall was greatly assisted after performing CST on him in an aquatic environment. Copying charge: \$2.00+s&h.

#0803B "Developing Therapeutic Presence" by Suzanne Scurlock-Durana, *Complementary Therapies and Wellness: Practice Essentials for Holistic Health Care*, Chapter 7. From the developer of Healing from the Core, Ms. Scurlock-Durana presents the importance of developing a therapeutic presence with the client. Chapter is available online at www.iahe.com in the articles section of the Healing from the Core curriculum.

#0803A "Releasing the Energy Cyst" by John E. Upledger, DO, OMM, *Massage Today*, August 2003. Dr. Upledger, the developer of CranioSacral Therapy, discusses his groundbreaking work with energy cyst release - a component of CranioSacral Therapy (CST). Dr. Upledger describes how a woman involved in a severe automobile accident had experienced constant pain for eight months. After treating her with CST, Dr. Upledger was able to facilitate an energy cyst release, which reduced her pain. Available online at www.massagetoday.com in the August 2003 archives.

#0803 "Dialogue, Imagery, CranioSacral Therapy and Synchronicity" by Stan Gerome, LMT. Stan Gerome, an instructor with The Upledger Institute, provides interesting insight into the use of imagery and dialogue with CranioSacral Therapy, a gentle-touch modality developed by John E. Upledger, DO, OMM. He discusses how while working with clients at The Upledger Institute HealthPlex Clinical Services, they were able to release long held feelings of emotional pain and suffering as well as obtain improvements in physical symptoms. Available online at www.upledger.com in the Therapies section of CranioSacral Therapy or use this link: http://www.upledger.com/therapies/cst_dialogue.htm.

#0703E "Helping Bodies Heal Themselves" by Susan Goracke, *Grants Pass Daily Courier*, July 17, 2003. Heather Linnemeyer, an Upledger trained CranioSacral Therapy (CST) practitioner, discusses how she has used CST to treat a car accident victim as well as other clients suffering from physical pain or trauma. Heather began her career in CST after a body surfing accident left her with a broken shoulder. For copies, contact the publisher at 541-474-3700.

#0703D "CranioSacral Therapy Relieves Stress" by Sher Jasperse, *The Gazette*, July 12, 2003. The author, an Upledger trained practitioner, discusses how CranioSacral Therapy, a gentle-touch modality developed by John E. Upledger, DO, OMM, has allowed her to effectively treat clients suffering from migraines, jaw and joint pains, and the discomforts of pregnancy. For copies contact the publisher directly at 319-398-8333.

#0703C "A Profoundly Gentle and Empowering Method to Greater Health" by Beth Cachat, *Washington Massage Journal*, July/August 2003. An Upledger trained practitioner discusses the importance of listening to the clients body and the many applications for CranioSacral Therapy, a gentle-touch modality developed by John E. Upledger, DO, OMM. Copying charge: \$1.00+ s&h.

#0703B “The Ease and the Challenges of Cranio-Sacral Work”, by Ursula Popp, L.AC., *Washington Massage Journal*, July/August 2003. The article discussed the importance of being able to relax, let go and really listen to what the body is telling you. By doing so, you can give the power to the body to listen to itself and let health replace dysfunction. Copying charge: \$1.00+ s&h.

#0703A “5 Bodyworks that Work” *Body and Soul Magazine*, July/August 2003. This brief article highlights CranioSacral Therapy (CST), developed by Dr. John E. Upledger. The overview includes symptoms for which CST is used, what to expect during a session and how often is treatment recommended. Available online at www.bodyandsoulmag.com.

#0703 “To Breathe Again” by Dr. John E. Upledger, DO, OMM, *Massage Today*, July 2003. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, presents the case of a patient with congenital central hypoventilation syndrome (CCHS) and attention deficit hyperactivity disorder (ADHD). Dr. Upledger treated this patient with CranioSacral Therapy resulting in the patient being able to breathe without a ventilator. Available online at www.massagetoday.com in the July 2003 archives.

#0603F “CranioSacral Therapy and Post Traumatic Stress Disorder” by Anne Marie Connor, *Sussex County Woman*, June/July 2003. Anne Marie Connor, an Upledger trained practitioner, discusses how CranioSacral Therapy aided a woman suffering from Post Traumatic Stress Disorder (PTSD) after serving as a combat-hospital nurse in Vietnam. Contact the publisher directly at 1-800-993-3822.

#0603E “Complementary Health-Care Leaders Attend ‘Beyond the Dura’ 2003 Conference, *Massage Today*, June 2003. This article reviews the Upledger Foundation Beyond the Dura Conference which offered a mix of individual presentations, demonstrations and panel discussions focused on the use of complementary techniques in conjunction with mainstream and other alternative approaches for specific conditions. Available online at www.massagetoday.com in the June 2003 archives.

#0603D “Golf Tourney Nets Nearly \$40,000 to Honor Patron” *Palm Beach Post Notables*, May 26, 2003. This brief mention in the *Notables* section highlights the Upledger Foundation (UF) fundraising efforts. UF is a charitable nonprofit foundation established by Dr. John E. Upledger, the developer of CranioSacral Therapy, to provide research and therapies that enable individuals to achieve their greatest levels of health and well-being. For copies contact the publisher directly at 561-820-4401.

#0603C “How to Understand Tissue Memory and its Implications” by Signy Erickson, *Massage Therapy Journal*, Summer 2003. Signy Erickson, an Upledger certified CranioSacral Therapy instructor, discusses tissue memory, whole-body diagnosis, energy cysts, arcing, treatment and the emotional component relating to tissue memory. Available online at www.amtamassage.org in the Summer 2003 issue archives or copying charge of \$2.00+ s&h.

#0603B “Visceral Manipulation: A Power New Frontier in Bodywork” by Jeffrey Burch, *Massage Therapy Journal*, Summer 2003. Jeffrey Burch, an Upledger trained practitioner, discussed Visceral Manipulation, developed by Jean-Pierre Barral. The article covers the role of organs, treatment methods, anatomy and palpation, assessment methods and clinical examples. Available online at www.amtamassage.org in the Summer 2003 issue archives or copying charge of \$2.00+ s&h.

#0603A *Upledger UpDate*, Summer 2003. Articles and topics include: Beyond the Dura Crosses Bridges From Complementary to Mainstream Medicine, Celebrity Tournament Raises Nearly \$33,000, The Visceral Manipulation Report, UI HealthPlex Clinic Corner, Dear Dr. John, Lessons from Sessions, A Hand Saves a Leg and Conjoined Twins Prepare to Part Ways. Available online at www.upledger.com in the newsletter section.

#0603 “Applications of CranioSacral Therapy in Newborns and Infants- Part II” by Dr. John E. Upledger, *Massage Today*, June 2003. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, presents the second installment (see entry #0403B) on newborns and infants. Dr. Upledger addresses deliveries by forceps and vacuum extraction, cesarean section and the efficacy of CranioSacral Therapy soon after birth. Available online at www.massagetoday.com in the June 2003 archives.

#0503 “A Light Touch Can Ease Pain in the Head, Neck and Spine” by Linda Stahl, *The Courier Journal*, May 15, 2003. This article discusses how CranioSacral Therapy can provide relief to those suffering from chronic pain and post-surgery complications. Also discussed is a child with a genetic disorder, Prader Willi Syndrome that benefited from CranioSacral Therapy. Available online at www.courier-journal.com by using search word “upledger”.

#0403C “CranioSacral Therapy” by Kelly Gerlach, *Maquoketa Sentinel Press*, March 29, 2003. Upledger trained CranioSacral Therapy (CST) practitioners, Lin Shulz and Rennet Gruver, discuss how they incorporate CST into their practice to get results for clients. Specifically referenced are clients with chronic pain, cerebral palsy and the benefit of CST for pre and post childbirth. For copies, contact the publisher at 1-800-747-7377.

#0403B “Applications of CranioSacral Therapy in Newborns and Infants, Part I” by Dr. John E. Upledger, *Massage Today*, May 2003. In his column *CranioSacrally Speaking* Dr. Upledger the developer of CranioSacral Therapy, discusses pregnancy, birth and delivery and the positive effects CranioSacral Therapy can have on newborns and infants. Available online at www.massagetoday.com in the May 2003 archives.

#0403A “A Daughter’s Wild Ride” by Constance Hale, *Alternative Medicine*, April 2003. The writer describes how while riding a horse she suffered a fall and a resulting anterior cruciate ligament (ACL) tear. After following the prescribed treatment of rest and anti-inflammatory medication she felt little relief from the pain. She tried a course of CranioSacral Therapy and SomatoEmotional Release which aided her greatly in not only relief from pain but also in uncovering and resolving feelings related to the accident and her childhood. Copying charge: \$2.00+ s&h.

#0403 “Cell Talk” by John Upledger, DO, OMM, *Massage Today*, April 2003. In his column *CranioSacrally Speaking* Dr. Upledger the developer of CranioSacral Therapy, discusses dialoguing with organs and immune cells. While treating a teenager, Dr. Upledger was able to detect a virus and disorganized energy. He used dialoguing with her immune cells and thymus to assist in breaking down the viruses residing in her body. The girl experienced significant relief as a result of being treated by Dr. Upledger. Available online at www.massagetoday.com in the April 2003 archives.

#0303A “The Practical Pitfalls of Research” by John Upledger, DO, OMM, *Massage Today*, March 2003.

In his column *CranioSacrally Speaking* Dr. Upledger the developer of CranioSacral Therapy, discusses how he has come to the conclusion that in health care, it’s the outcome that counts more than the research protocols. Dr. Upledger provides insights into several lessons he has learned through working with autistic children and using Kirlian photography and Keithley electrometers. He further states his belief that often the observer can change results through their intention and/or energy. Available online at www.massagetoday.com in the March 2003 archives.

#0303 Book Review: *Silent Waves: Theory and Practice of Lymph Drainage Therapy* by Michael McGillicuddy, *Massage Message*, March/April 2003. The author gives Dr. Bruno Chikly’s book *Silent Waves* “three thumbs up” in the Book Review section of the Florida State Massage Therapy Association (FSMTA) newsletter. Dr. Chikly, the developer of Lymph Drainage Therapy, released this breakthrough text that McGillicuddy describes as “written with simplicity yet very thorough.” To order a copy of *Silent Waves*, contact The Upledger Institute at 1-800-233-5880 or visit www.upledger.com. For copies of the article, visit www.fsmta.org or call them directly at 407-628-2772.

#0203B “CranioSacral Therapy and the AIDS Patient” by Dr. John E. Upledger, *Massage Today*, February 2003. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses how AIDS patients can be made more comfortable and functional by the regular application of CranioSacral Therapy (CST). Dr. Upledger also notes that CST can positively effect the immune response and enhance microcirculation of fluids. Available online at www.massagetoday.com in the February 2003 archives.

#0203A *IAHE Connection Newsletter, The International Alliance of Healthcare Educators, Winter 2003.* Articles and topics include: Beyond the Dura Blends Sun, Soul and Science at a Seaside Resort, Upledger Foundation Raffle to Award this Year’s “It” Car, The Visceral Manipulation Report-Addressing Mechanical and Emotional Problems, New Workshop-BioAquatics Exploration: Shared Connections, Get Your Own Web Ad, CranioSacral Therapy Awareness Month Kicks off with Annual Legislative Awareness Day, BTD 03: Come Explore New Healthcare Solutions, CranioSacral Therapy Alters Brain Functioning to Aid a Wide Range of Disorders, Mechanical Link Introduces Two New Skill-Review Workshops, The UI HealthPlex Corner: The Upledger Institute Goals. Available online at <http://www.upledger.com/newsletter/default.htm> .

#0203 “How to Stop Pain Naturally” by Henry Dreher, *Natural Health*, January/February 2003. Focused on treatments for chronic pain, this article presents modalities and mind-body techniques to ease pain. CranioSacral Therapy, developed by Dr. John E. Upledger, is cited as an effective way to calm the central nervous system . The article recommends the Still-Point Inducer, developed by Dr. Upledger as a way to strengthen the craniosacral system. Copies available by contacting the publisher at 617-926-0200.

#0103B “Sore After the Dentist? CranioSacral Therapy Can Help” by Joanne Johnson, *RTC, CST, ALIVE*, January 2003. CranioSacral Therapy, developed by John E. Upledger, DO, OMM, is a recommended adjunct to orthodontics, dental appliances and general headaches and soreness after a dentist visit. Available online at www.alivepublishing.com and use keyword “CranioSacral Therapy” in the Health Tools link.

#0103A “Delving Into Structure: Finding the Intraosseous Line Forces of Mechanical Link” by Paul Chauffour, DO and Eric Prat, DO, *Massage Magazine*, January/February 2003. Paul Chauffour, the developer of Mechanical Link, and Eric Prat , a European-certified osteopath, discuss intraosseous line forces, which act as frames for the skeleton, and re-look at the classical approach to structure. Copying charge: \$2.00 + s&h..

#0103 “The Facilitated Segment” by John E. Upledger, DO, OMM, *Massage Today*, January 2003. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses the concepts of facilitated segment and how CranioSacral Therapy is particularly helpful in such instances. Available online at www.massagetoday.com in the January 2003 archives.

#1202 “Living in a Laboratory” by John E. Upledger, DO, OMM, *Massage Today*, December 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses a dental visit where he was injected with lidocaine and epinephrine. For weeks after, he suffered from soreness in his throat, neck and head and had general feelings of exhaustion. He then began treatments of CranioSacral Therapy and energy cyst release and experienced remarkable relief. Available online at www.massagetoday.com in the December 2002 archives.

#1102F *UpClose Newsletter, The Upledger Institute HealthPlex Clinical Services, November 2002.* Articles and topics include: CranioSacral Therapy Improves Health of Conjoined Twins, The Upledger Foundation Update and The Upledger Foundation Nancy Schaffer Memorial Golf Classic Fundraiser. Available online at <http://www.upledger.com/newsletter/default.htm> .

#1102E “CranioSacral Therapy Intensive: A Team Approach to Trauma” by Tad Wanveer, LMT, *Swedish Institute(SI) News, Volume 1, No. 2, Fall 2002.* Tad Wanveer, co-director of the Upledger Institute HealthPlex Clinical Services, co-lead a team of CranioSacral Therapists to treat victims suffering from Post-Traumatic Stress Disorder (PTSD) after the September 11th attacks in New York. This article discusses the sessions, the approach and the results of participants. Available online at www.swedishinstitute.org in the *SI News* archives.

#1102D “In Touch: A Look at the Latest Products, Treatments and Trends” *American Spa, November 2002.* This article looks at the fast growing sector of alternative modalities that have become mainstays of spa treatment menus across the United States. CranioSacral Therapy, developed by Dr. John E. Upledger, is noted as a deep relaxation therapy producing numerous therapeutic benefits. Available online at www.americanspamag.com .

#1102C “Heart Centered Therapy: Assume Only Love – Healing Relationships and the Emotional Component of Disease” by Alaya Chikly, CMT, *Massage Today, November 2002.* Alaya Chikly, the developer of Heart Centered Therapy (HCT), discusses how HCT helped a client resolve long hidden trauma resulting in her ability to better understand the treatment options for cancer. Available online at www.massagetoday.com in the November 2002 archives.

#1102B “10 Techniques to Watch” by Karen Menehan, *Massage Magazine, November/December 2002.* This brief article mentions CranioSacral Therapy, developed by John E. Upledger, DO, OMM, as an effective light-touch technique that continues to grow in popularity. For a copy of this article, contact the publisher at 1-800-533-4263.

#1102A “One with the Ocean” by Susan Pomfret, *Massage Magazine, November/December 2002.* In the regular feature column *Imprints*, Susan Pomfret, LMT, describes her adventure at The Upledger Institute’s BioAquatic Exploration Ocean Therapy course in the Bahamas. Based on the work of Dr. John E. Upledger, the developer of CranioSacral Therapy, this four-day program acquaints both the layperson and professional bodyworker with the physiological and psychological benefits of receiving subtle-energy treatments while floating in waist-high water. For more information about this course, contact The Upledger Institute at 1-800-233-5880 or for a copy of this article, contact the publisher at 1-800-533-4263.

#1102 “My Dolphin Mentor” by John E. Upledger, DO, OMM, *Massage Today, November 2002.* In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses his experiences meeting a dolphin named AJ—how AJ gave him the gift of dolphin energy. Available online at www.massagetoday.com in the November 2002 archives.

#1002A *Upledger UpDate Fall 2002.* Articles and topics include: Therapist Pedaling 1,500 Miles to Promote CST, The Visceral Manipulation Report, Beyond the Dura '03, Upledger Foundation Update, Lymph Drainage Therapy for Stroke Patients, Mechanical Link Pre-and Post-Surgery. Available online at www.upledger.com in the newsletter section.

#1002 “CranioSacral Therapy vs. Cranial Osteopathy: Differences Divide” by John E. Upledger, DO, OMM, *Massage Today, October 2002.* In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, offers a brief historical overview of the origins of these disciplines in addition to discussing the differences between these approaches. Available online at www.massagetoday.com in the October 2002 archives.

#0902D “Therapy, Massage, Exercise Offer Respite from Fibromyalgia” by Trish Riley, *Green Bay Press Gazette, September 17, 2002.* This article discusses the physical pain and emotional stress of fibromyalgia—a condition without a known cause and without a cure. However, several treatment management techniques are available that can relieve at least some of the pain. The article lists The Upledger Institute as an organization that can provide support and resources. Copies available by contacting the publisher at 920-431-8241 or visit www.greenbaypressgazette.com and search the archives.

#0902C Conjoined Egyptian Twins Ahmed and Mohamed Ibrahim. This entry includes several articles about conjoined Egyptian twins treated with CranioSacral Therapy by Dr. John E. Upledger, the developer of CranioSacral Therapy (CST). The 15-month old boys, joined at the crown of their heads, participated in a one-week intensive program—benefiting significantly from CST. By the end of their first CST session, the twins were smiling, playing, imitating sounds and overall, were much more animated. Also seen was some cleavage starting to form between their heads—prior to CST it was a flat area with a slight indentation. Since the boys are candidates for separation surgery, their visit to the Upledger HealthPlex not only prepared them for that operation, but through the use of CST, also improved the twins' general physical health. The publication name, date and website address are listed below. At each website, search the archives for these articles using the keyword “upledger” or you can obtain a copy by locating the customer service telephone number usually in the “Contact Us” section. *Port St. Lucie Tribune* 9/17/02 www.fptribune.com, *Dallas/Ft. Worth Star-Telegram* 9/15/02 www.dfw.com, *The Palm Beach Post* 9/18/02 www.pbpost.com, *The Sun-Sentinel* 9/21/02 www.sun-sentinel.com, *Tampa Tribune* 9/19/02 www.tampatribune.com, *The Stuart News* 9/17/02 www.stuartnews.com, *Massage Today* October 2002 www.massagetoday.com, *The Jupiter Courier* 9/18/02 www.tcpalm.com/tcp/jupiter_courier/, *Times-Review* 9/15/02 www.zwire.com/site/news.cfm?brd=1212, *San Angelo Standard Times* 9/15/02 www.texaswest.com, *Palestine Herald Press* 9/15/02 www.palestineherald.com, *Herald Democrat* 9/15/02 www.heralddemocrat.com, *The Brownsville Herald* 9/15/02 www.brownsvilleherald.com, *Port Arthur News* 9/15/02 www.panews.com, *Palm Beach Post* 10/29/02 www.pbpost.com, *Palm Beach Post* 10/30/02 www.pbpost.com, *Massage Message* Nov/Dec 2002 www.fsmta.org, *Miami Herald-Broward Edition* 10/29/02 www.miamiherald.com, *Sun-Sentinel* 04/03/03 www.sunsentinel.com, *Palm Beach Post* 04/08/03 www.pbpost.com, *Palm Beach Post* 04/30/03 www.pbpost.com

#0902B “Life, Stress and Health” by John E. Upledger, DO, OMM, *Massage Today*, September 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses how stress can manifest itself within our bodies and we often might not be aware of it. Dr. Upledger offers insight into the medical and physiological aspects of stress and makes several suggestions for stress reduction. Available online at www.massagetoday.com in the September 2002 archives.

#0902A “CranioSacral Therapy Celebrated” *Massage Magazine*, September/October 2002 . This *Table Talk* column focuses on CranioSacral Therapy (CST), developed by John E. Upledger, DO, OMM, and how the annual CST April awareness campaign brought practitioners and The Upledger Institute to the Florida Capitol in Tallahassee to give CST demonstrations to government employees. Copies available by contacting the publisher at 800-533-4263.

#0902 “Special Report: No-Touch Zone: The Banning of Affection in Public Schools” by Moryt Milo, *Massage Magazine*, September/October 2002. While many school districts throughout the United States have struggled with “appropriate touch” issues, The Upledger Foundation Compassionate Touch (CT) program, geared toward preschool children, has provided positive results. Based on Dr. John E. Upledger’s research in a technique called Direction of Energy, the implementation of CT has increased compassion and reduced behavioral problems in children participating in the program. Copies available by contacting the publisher at 800-533-4263.

#0802C “Can Practitioners be Trained to Manually Identify Lymphatic Flow? Evidence from a Case Control Study Assessing Skills in Manual Lymphatic Mapping” by Bruno Chikly, MD, DO (hon.). The developer of Lymph Drainage Therapy, Dr. Bruno Chikly, offers this Case Study to compare the reliability of Manual Lymphatic Mapping (MLM) between an experimental population and a control group. MLM offers refinements to the therapeutic process that are an important tool in the management of pre-and postoperative functional assessment of lymphedema. Available online at www.upledger.com/mlmstudy.htm .

#0802B “TMJ: Primary Problem, or Tip of the Iceberg?” by John E. Upledger, DO, OMM, *Massage Today*, August 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses how a diagnosis of temporomandibular joint (TMJ) syndrome is often secondary to another problem somewhere in the body. While TMJ is often treated to relieve symptoms, Dr. Upledger discusses the importance of source problems in several categories including craniosacral system dysfunction, stress and dental problems. Available online at www.massagetoday.com in the August 2002 archives.

#0802A “Back in Balance” by Laura Holmes, *Portsmouth New Hampshire Sunday Herald*, August 4, 2002. CranioSacral Therapy, developed by John E. Upledger, DO, OMM, is a mainstay in the massage therapy practice of Gina Genest, an Upledger trained CranioSacral therapist. Genest clients include those suffering from stress, cerebral palsy, trauma and abuse. Article available online www.seacoastonline.com/news/8_4health_b.htm.

#0802 “Going with the Craniosacral Flow” by Christina Harper, *The Herald—Everett, WA*, August 6, 2002. CranioSacral Therapy, developed by John E. Upledger, DO, OMM, is credited to providing improvements in mobility for registered nurse Willie Koch after a stroke caused one side of her body to become paralyzed. Copies available by contacting the publisher at 425-339-3000.

#0702H “Learning Ocean Therapy”, *Coldwater Daily Reporter*, July 27, 2002. Lauri Rowe, massage therapist and craniosacral therapist, briefly discusses her experiences while participating in The Upledger Institute BioAquatic Exploration program. Copies available by contacting the publisher at 517-278-2318.

#0702G “Hospitals get Alternative” by Joseph Schneider, *U.S. News & World Report*, July 22, 2002. This Special Report discusses how the ever-growing popularity of various complementary treatments are becoming more readily accepted and used as an adjunct to conventional medicine. Visit www.usnews.com and search the archives for this issue.

#0702F “Tribute Raises \$30,000 for Upledger Foundation”, *Palm Beach Post*, July 10, 2002. This brief mention in the *Notables* section highlights the Upledger Foundation (UF) fundraising efforts. UF is a charitable nonprofit foundation established by Dr. John E. Upledger, the developer of CranioSacral Therapy, to provide research and therapies that enable individuals to achieve their greatest levels of health and well-being. For copies contact the publisher directly at 561-820-4401.

#0702E “Massage for Sinus Problems” by Merida DeMarco-Raines, *The Medina County Gazette*, July 3, 2002. The author of this article, an Upledger Institute alumni, discusses how CranioSacral Therapy, developed by Dr. John E. Upledger, often provides relief to those suffering with sinus problems. For copies contact the publisher directly at 330-725-4166.

#0702D “Am I Working, or Is This Just Paradise” by David Dolan, LMT, *Massage Today*, July 2002. David Dolan, a BioAquatic Exploration Ocean Therapy instructor for The Upledger Institute, describes his personal experiences while floating in the warm waters of Bahamas and being treated with CranioSacral Therapy (CST). CST, developed by Dr. John E. Upledger, is the mainstay of the BioAquatic Exploration curriculum and various courses are offered for the layperson to the advanced CranioSacral therapists. Available online at www.massagetoday.com in the July 2002 archives.

#0702C “Foundation Fundraiser Highlights CranioSacral Therapy Awareness Month”, *Massage Today*, July 2002. This headline article highlights the successful fundraising efforts of The Upledger Foundation in a charity casino and jazz tribute to the life and work of Dr. John E. Upledger, the developer of CranioSacral Therapy. The events raised \$30,000 for The Upledger Foundation, a charitable nonprofit organization that conducts research, provides community-outreach programs and offers financial aid to those whose healthcare needs may respond well to complementary care. Available online at www.massagetoday.com in the July 2002 archives.

#0702B “The Big Picture on Milk Intolerance” by John E. Upledger, DO, OMM, *Massage Today*, July 2002.

In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses intolerance to milk and other dairy products and some potential solutions. Available online at www.massagetoday.com in the July 2002 archives.

#0702A *UpClose Newsletter*, The Upledger Institute HealthPlex Clinical Services, July 2002. Articles and topics include: Effects of Cleft Palate Diminish with CranioSacral Therapy, Intention and Touch and the Case of Sister Anne and April Events Raise Awareness and Funds for Upledger Foundation. Available online at <http://www.upledger.com/newsletter/default.htm>

#0702 “In Review: *Silent Waves-Theory and Practice of Lymph Drainage Therapy*” by Charlotte Michael Versagi, *Massage Magazine*, July/August 2002. Charlotte Michael Versagi’s review of Dr. Bruno Chikly’s definitive text, *Silent Waves*, includes comments such as ‘The book’s references are a gold mine’, ‘Chikly’s reputation in the research and treatment of lymphedema is inestimable. He does not disappoint.’ Charge: \$1.00 plus shipping and handling. To purchase copies of *Silent Waves*, call 1-800-233-5880 or visit www.upledger.com.

#0602A “*CranioSacral Therapy and the Central Nervous System*” by Sheila Rogers, MS, *Latitudes (Association for Comprehensive NeuroTherapy)*, Summer 2002. This is an interview with Dr. John Upledger by the editor Sheila Rogers that provides general information on craniosacral therapy including information on the benefits of CST for pregnant women and newborns. For copies, visit www.latitudes.org and click on articles.

#0602 “Mighty Joe Defies the Odds” by John E. Upledger, DO, OMM, *Massage Today*, June 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses the case of Joseph Polk, an infant suffering from arthrogyrosis, an extreme case of congenital joint contractures. Doctors told Joe’s parents that he would require multiple surgeries and would be severely handicapped. However, Joe’s parents refused to accept this diagnosis and discovered CranioSacral Therapy (CST). Joe was treated with CST at a practitioner in his hometown which resulted in improvements after the first visit. Encouraged, Joe’s parents brought him to the Upledger HealthPlex Clinic in Palm Beach Gardens, Florida for three days of concentrated CST. Joe’s progress was dramatic and he went far beyond what anyone would have predicted. Available online at www.massagetoday.com in the June 2002 archives.

#0502E “Visceral Manipulation Enhances Structural Integration” by Jeffrey Burch, *Tensegrity News*, May 2002. The article discusses how structural integration and Visceral Manipulation, developed by French osteopath Jean-Pierre Barral, enhance each other and can have lasting and profound effects on the body. Burch offers two diagrams and examples regarding how the visceral support system affects structure in the abdomen and the thorax. Charge: \$1.00 plus shipping and handling.

#0502D *IAHE Connection Newsletter*, The International Alliance of Healthcare Educators, Summer 2002. Articles and topics include: Gov. Jeb Bush and Florida Legislators Recognize CranioSacral Therapy Awareness Month, Upledger Foundation Launches Summer BioAquatic Season, The Visceral Manipulation Report, Fundraising Tribute to CranioSacral Therapy Developer Nets \$30,000 for Nonprofit Foundation, Heart Centered Therapy: Assume Only Love, The Feldenkrais Method and The UI HealthPlex Corner. Available online at <http://www.upledger.com/newsletter/default.htm>

#0502C “Body Links: Extolling the Benefits of Therapeutic Massage” by Pauline Mygrants, *Jackson Magazine*, May 2002. Spotlights a therapist’s use of CranioSacral Therapy and SomatoEmotional Release to treat patients for a wide range of conditions. Both modalities were developed by Dr. John E. Upledger. For copies contact the publisher at 517-783-2637.

#0502B “Intention and Touch” by John E. Upledger, DO, OMM, *Massage Today*, May 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses the importance of the therapist’s attitude and intention and how they affect the outcome of the therapeutic approach. He references Sister Anne Brooks and how intention brought relief after many years of chronic pain. Available online at www.massagetoday.com in the May 2002 archives.

#0502A “The Lowdown on Lymphedema” Minneapolis/St. Paul Magazine, May 2002. This brief article discusses treating lymphedema—a common result of breast cancer surgery. Lymph Drainage Therapy, developed by Dr. Bruno Chikly, is often used to assist in easing the associated pain. For copies contact the publisher at 612-339-5806.

#0502 “Give and Take: The Soft Touch of CranioSacral Therapy” by Janet Cook, *The Hood River News*, May 4, 2002. This article discusses CranioSacral Therapy, developed by Dr. John E. Upledger, from the perspective and application of massage therapist Wendy Hildreth. Hildreth trained with The Upledger Institute and gives her account of the efficacy of CranioSacral Therapy. Available online at www.hoodrivernews.com in the archives using keyword “upledger”.

#0402C “Infections Associated with Lymphedema” by Bruno Chikly, MD, *E-LymphNotes*, Spring/Summer 2002. Dr. Chikly, the developer of Lymph Drainage Therapy, discusses the complications of lymphedema relating to infection/cellulitis. This article provides terminology, description, rate of infection, prevention of secondary infection and treatment. Available online at www.elymphnotes.org/cover.html.

#0402B “Manual Lymphatic Mapping” by Bruno Chikly, MD, *Women’s Health*, Spring 2002. For cases of lymphedema, Manual Lymphatic Mapping (MLM) can be used to assess the patient’s lymph pathways at any time, and define a specific treatment protocol. MLM is taught as part of The Upledger Institute Lymph Drainage Therapy (LDT) curriculum. LDT is a modality developed by Dr. Bruno Chikly. For copies contact the publisher at 604-822-7413.

#0402A *UpClose Newsletter*, The Upledger Institute HealthPlex Clinical Services, April 2002. Articles and topics include: Trauma Relief Program Helps New Yorker Turn Corner in Healing Process, Nothing is Impossible—Try and Golf Tournament Honors Foundation Patron. Available online at <http://www.upledger.com/newsletter/default.htm>

#0402 “The Consciousness of Organ Transplants” by John E. Upledger, DO, OMM, *Massage Today*, April 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses his belief that every organ and tissue in humans, animals or plants is imbued with capabilities that go far beyond the known physiological functions they perform. In cases of organ transplants, Dr. Upledger notes that his experiences strongly support the concept that organs, tissues and cells each have an individual consciousness that affords them the qualities of intelligence, memory, emotion, ambition and the like. Available online at www.massagetoday.com in the April 2002 archives.

#0302D “Lymphedema” by David Robledo, *The Monitor*, March 25, 2002. Lymphedema, swelling of the body caused by an accumulation of lymphatic fluid, is often a result from having breast surgery. This article warns of the potential dangers of this condition and discusses The Upledger Institute Lymph Drainage Therapy, developed by Dr. Bruno Chikly, as a helpful treatment. For copies contact the publisher at 956-686-4343.

#0302C “The Expanding Role of Cerebrospinal Fluid in Health and Disease” by John E. Upledger, DO, OMM, *Massage Today*, March 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses the first time he witnessed the rhythmical activity of cerebrospinal fluid (CSF) and how that influenced his incredible journey to developing CranioSacral Therapy and effectively treating patients. Available online at www.massagetoday.com in the March 2002 archives.

#0302B “Expert Advice” by Charlotte Michael Versagi, LMT, *Massage Magazine*, March/April 2002. In the Expert Advice column of *Massage Magazine*, Upledger trained practitioners discuss what CranioSacral Therapy is, how does it works and the important role the body plays in health. Available online at www.massagemag.com/advice02/e96.htm

#0302A “Massage Gurus” by Stephanie Stephens, *DAYSPA Magazine*, March 2002. John E. Upledger, DO, OMM, the developer of CranioSacral Therapy, is featured as an industry leader whose innovations have forever changed the field of massage. Dr. Upledger explains how he developed CranioSacral Therapy and why he believes in the importance of aiding the body’s own self-healing mechanisms. Charge \$2.00+s&h.

#0302 “How to Stop Headaches for Good” by Robert Ivker, DO and Todd Nelson, ND, *Natural Health Magazine*, March 2002. This article offers tips, techniques and lifestyle changes to end tension-headache pain. CranioSacral Therapy, developed by John E. Upledger, DO, OMM, is noted as an effective means to address and reduce stress and tension-related headaches. Contact the publisher at 1-800-526-8440.

#0202 “CranioSacral Dissection Sheds New Light on Effects of Palpation” by John E. Upledger, DO, OMM, *Massage Today*, February 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses how the dissection of an unembalmed cadaver allowed a team of clinicians to better understand and validate the effectiveness of CranioSacral Therapy. Available online at www.massagetoday.com in the February 2002 archives.

#0102G “A Program for Children to Enhance Compassion and Self-Esteem and Reduce Violence” by John E. Upledger, D.O., O.M.M., *Subtle Energy & Energy Medicine*, January 2002. Compassionate Touch program developed and implemented by the Upledger Foundation, is credited with demonstrating the positive effect on student’s abilities to cooperate, assert themselves appropriately and control their behavior. This program was first introduced in the New Glarus, WI elementary school. Included in the article are comparisons of student assessments for the years 1999, 2000 and 2001. For copies, contact the publisher for volume 12, number 1 issue.

#0102F “Portrait of Light and Love: An Artistic Journey Through Autism” by Jan Deremo Forrest with Robin Zucker, *Healing Garden Journal*, January 2002. CranioSacral Therapy, developed by John E. Upledger, DO, OMM, is credited with making a profound difference for 10-year old budding artist Scott Zucker by providing a major key to unlock the doorway of well-being. Scott was diagnosed with autism when he was two years old. Permission to reprint pending. Contact the publisher at 231-933-6070.

#0102E “Eastern Therapies Available in Pine City” by Cindy Rolain, *Pine City Pioneer*, January 24, 2002. After a skiing accident left Cliff Odenhal with shoulder and neck pain, he tried every kind of medical scan available in an attempt to receive an explanation for his pain. Unfortunately, he received no explanations and no pain relief. He then discovered CranioSacral Therapy and realized significant relief as well as a better understanding of the underlying cause of his pain. Available online at www.pinecitymn.com by searching the archives using keyword “upledger”.

#0102D *Upledger UpDate Newsletter*, The Upledger Institute, Winter 2002. Articles and topics include: April Charity Tribute to Honor Dr. John E. Upledger and his Life’s Work, A Young Accident Victim Finds Relief with CranioSacral Therapy, Team Approach Helps Bring Toddler Back Into Balance, Upledger Program Provides CranioSacral Therapy to Victims of September Attacks and New Program Certifies Lymph Drainage Therapy Techniques. Issue available online at <http://www.upledger.com/newsletter/default.htm>

#0102C “I Tried CranioSacral Therapy” by Daphna Caperonis, *Natural Health Magazine*, January/February 2002. To relieve head and neck tension, this author tried CranioSacral Therapy, developed by John E. Upledger, DO, OMM. In addition to relief for those conditions, she also benefited from increased energy and flexibility. Permission to reprint pending. Contact the publisher at 617-753-8900.

#0102B “A Healing Haven for Stressful Times” by Gail Dana, *The Business Journal—Greater Portland*, January 4, 2002. A spa owner in Portland, offering services such as stress relief through massage and other therapies, plans to send her entire staff to The Upledger Institute’s CranioSacral Therapy classes to learn from the experts. CranioSacral Therapy, developed by John E. Upledger, DO, OMM, will be incorporated into every treatment offered by the spa. Permission to reprint pending. Contact the publisher at 503-274-8733.

#0102A “Fighting Chronic Pain” by Trish Riley, *Miami Herald—Broward Edition*, January 3, 2002. Fibromyalgia is a condition that causes chronic pain yet relief is often achieved using CranioSacral Therapy, a gentle, soft-touch therapy developed by John E. Upledger, DO, OMM. This article provides insights and resources to help patients suffering from fibromyalgia. Permission to reprint pending. Contact the publisher at 305-376-3719.

#0102 “Nothing is Impossible” by John E. Upledger, DO, OMM, *Massage Today*, January 2002. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses how CranioSacral Therapy is effective in enhancing central nervous system performance. Dr. Upledger outlines his course of treatment for a quadriplegic patient with a spastic condition of his muscular system. Available online at www.massagetoday.com in the January 2002 archives.

#1201A “Consciousness and its Therapeutic Applications” by John E. Upledger, DO, OMM, *Massage Today*, December 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses his work with resonance of tissues to certain sound waves and frequencies. He describes how the cello played in certain notes while using CranioSacral Therapy on a patient with back pain would produce muscle relaxation and pain relief. Available online at www.massagetoday.com in the December 2001 archives.

#1101G “Craniosacral massage” author unknown, *Shape*, November 2001. The article compares the traditional Swedish massage to craniosacral massage. It mentions Dr. Upledger as the founder of craniosacral massage. For copies, contact the publisher.

#1101F “CranioSacral Therapy For Trauma Relief” *Home News & Times*, November 22, 2001. A brief article on the trauma relief efforts of the charitable, nonprofit Upledger Foundation in aiding victims of the September 11 terror attacks. Charge \$1.00+s&h.

#1101E “Reflections from Ground Zero: The World Trade Center Therapy Intervention at Stuyvesant High School” by Liz Pasquale, November 2001. This personal account is told by a licensed massage therapy using CranioSacral therapy to treat rescue workers at the World Trade Center disaster. Available online at www.upledger.com/wtc.htm

#1101D “NineOneOne: Psychological Relief – A Guide to Post-9/11 Recovery Sources” by Nancy O’Brien, *New York Daily News*, November 27, 2001. This article discusses how during the recovery effort at the World Trade Center, many rescue workers found relief from their physical and emotional pain as therapists treated them with CranioSacral Therapy. Article available online at www.nydailynews.com and search the archives using keyword “upledger”.

#1101C *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, November 2001. Articles and topics include: CranioSacral Therapy Breaks 20-Year Cycle of PTSD and The Role of CranioSacral Therapy in Treating Post-Traumatic Stress Disorder. Charge \$1.00 plus shipping and handling.

#1101B “My Journey to Paradise” by Lynda Solien-Wolfe, *AMTA Florida Journal*, Fall 2001. A personal account of the healing powers of the ocean and interaction with dolphins while attending The Upledger Institute BioAquatic Exploration Ocean Therapy class in Freeport, Bahamas. Permission to reprint pending. Contact the publisher at 847-864-0123.

#1101A “The Role of CranioSacral Therapy in Addressing Post-Traumatic Stress Disorder” by John E. Upledger, DO, OMM, *Massage Today*, November 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses treating Post-Traumatic Stress Disorder (PTSD) with CranioSacral Therapy. He outlines the seven more prevalent symptoms that the PTSD patient may endure and how CranioSacral Therapy brought relief to Vietnam veterans suffering from this condition. Available online at www.massagetoday.com in the November 2001 archives.

#1101 “Cello Healing” by Brandi Schlossberg, *Massage Magazine*, November/December 2001. Cellist Elizabeth Byrd uses sound to improve the overall health and well-being of her clients. This tonal and vibrational therapy is often used in conjunction CranioSacral Therapy and other modalities such as massage, acupuncture and reiki. For copies, contact the publisher at 1-800-872-1282.

#1001B “Who’s the Smartest of Them All” by John E. Upledger, DO, OMM, *Massage Today*, October 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses viruses, bacteria, antibiotics and the overall importance of a healthy immune system. Available online at www.massagetoday.com in the October 2001 archives.

#1001A *IAHP Connection Newsletter*, The International Association of Healthcare Practitioners, Fall 2001. Issue features: CST Eases Toddler’s Spasticity After Near Drowning, Using Visceral Manipulation to Affect Global Changes, When Symptoms Defy Logic: Using the Body as a Guide, The Upledger Foundation UpDate and BioAquatic Exploration: An Adventure in Personal Discovery. Issue available online at <http://www.upledger.com/newsletters/default.htm>

#1001 “Celebrate the Healing Power of a Gentle Touch: Discover CranioSacral Therapy” *Natural Awakenings – Palm Beach/Martin/St. Lucie edition*, October 2001. Provides an overview of CranioSacral Therapy (CST) including how CST works, the benefits of CST and the foundations of CST. Charge for hardcopies \$1.00 + s&h.

#0901F “Lymph Drainage Therapy and Its Integration in a Massage Therapy Practice” by Bruno Chikly, MD, *Connections*, September/October 2001. Bruno Chikly, MD, the developer of Lymph Drainage Therapy, discusses the basis of Lymphatic Drainage, indications of Lymph Drainage Therapy, manual lymphatic mapping and its clinical applications and applications of LDT with massage therapy and other modalities. Permission to reprint pending. For copies, contact the publisher at 780-484-2010

#0901E “Be the Bahama” by Melaine Hayden, *Connections*, September/October 2001. A personal account of the healing powers of the ocean and interaction with dolphins while attending The Upledger Institute BioAquatic Exploration Ocean Therapy class in Freeport, Bahamas. Permission to reprint pending. For copies, contact the publisher at 780-484-2010.

#0901D “Pod Consciousness: An Exploration of Ocean Therapy” by Steve Capellini, LMT, *Massage Message*, September/October 2001. A personal account of the healing powers of the ocean and dolphin interaction while aboard The Upledger Foundation Dolphin Star research vessel in the Bahamas. Copies only available by contacting the publisher at 407-628-2772.

#0901C “Back to the Basics in the Bahamas” by Kandy Love, LMT, *Massage Message*, September/October 2001. Learn how a few dolphins and a massage therapist bonded in the waters off the Bahamian coast while aboard The Upledger Foundation Dolphin Star research vessel in the Bahamas. Copies only available by contacting the publisher at 407-628-2772.

#0901B “Magnets: A Cause for Pause” by John Upledger, DO, OMM, *Massage Today*, September 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, cautions about the long-term and improper use of magnets and the potential impact on the craniosacral and other body systems. Available online at www.massagetoday.com in the September 2001 archives.

#0901A “The Good You Do” by John Upledger, DO, OMM, *Massage Magazine*, September/October 2001. Dr. Upledger, the developer of CranioSacral Therapy, offers a Guest Editorial on the important role human interaction plays in the profession of massage therapy. He cautions that while technology has its place, compassion and personal touch often can best lead the body to self-healing. For copies, contact the publisher at 1-800-872-1282.

#0901 “Special Touch Therapy Helps Kids” by Ellyce Field, *Detroit News*, September 4, 2001. A physical therapist discusses how CranioSacral Therapy, developed by Dr. John E. Upledger, has helped to treat a child suffering with hydrocephalus. Available online at <http://detnews.com/2001/health/0109/04/c04-284640.htm>

#0801B “Considering CranioSacral Therapy in Difficult Situations” by Carol Brussel, BA, *IBCLC*, Leaven, August-September 2001. This article discusses how CranioSacral Therapy, developed by Dr. John E. Upledger, offers a promising approach to solving difficult breastfeeding problems. Permission to reprint pending. Contact the publisher at 847-519-7730.

#0801A “Lymphedema and Lymph Drainage Techniques” by Bruno Chikly, MD and Sue Welfley, *Massage Therapy Journal*, Fall 2001. Swelling, or edema, is defined by an excessive accumulation of tissue fluid in the body. When the lymphatic pathways are obstructed and fluid accumulates, lymphedema results. This article, co-authored by Bruno Chikly, MD, the developer of Lymph Drainage Therapy, presents an in-depth look into understanding the lymphatic system, lymph drainage techniques and protocols for lymphedema as well as a lymphedema case history. Charge for hardcopies: \$2.00 + s&h.

#0801 “CranioSacral Therapy and Attention Deficit Disorder” by John Upledger, DO, OMM, *Massage Today*, August 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses the positive and profound effect that CranioSacral Therapy has on brain and spinal cord function and the endocrine and immune systems. Dr. Upledger writes that since 1975, CranioSacral Therapy has been used quite successfully in the treatment of attention deficit disorder (ADD) and hyperkinesis. Available online at www.massagetoday.com in the August 2001 archives.

#0701C *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, July 2001. Articles and topics include: CST Eases Toddler’s Spasticity After Near Drowning; Dr Upledger’s column – Healthcare: A State of Self-Defense; UI Foundatoin Fundraiser an Off-The-Scale Success. Issue available online at <http://www.upledger.com/newsletters/default.htm>

#0701B “Katie’s 14-year Battle for Hope” by Michelle Hatfield, *Free Lance*, July 13, 2001. This article describes the battle a young child has faced since being confined to a wheelchair and unable to communicate because of severe head trauma from a head-on collision. CranioSacral Therapy, developed by Dr. John E. Upledger, plays an integral part in her therapeutic course of treatments and has directly resulted in improvements to her vision. In fact, her mother was so inspired by the results that CranioSacral Therapy produced, she has become a CranioSacral Therapist herself. Permission to reprint pending. Please contact the publisher at 831-637-5566.

#0701A “Press Gang” by Rebecca Caldwell, *The Globe & Mail*, July 3, 2001. This article provides a brief overview of the various types of therapy available including: Swedish massage, Shiatsu massage, Thai massage, Rolfing, CranioSacral Therapy and Reflexology. CranioSacral Therapy, developed by Dr. John E. Upledger, is described as a therapy that is quickly gaining popularity. Permission to reprint pending. Please contact the publisher at 416-585-5000.

#0701 “Health Care as a State of Self-Defense” by John E. Upledger, DO, OMM, *Massage Today*, July 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, shares the story of how a woman involved in a car accident took control of her own medical care by seeking out CranioSacral Therapy and other courses of treatment as an alternative to prescriptions and MRIs. Available online at www.massagetoday.com in the July 2001 archives.

#0601E "Going with the Flow through CranioSacral Therapy" by Jonn Salovaara, *Chicago Conscious Choice*, June 2001. The article provides general information about craniosacral therapy. It also includes the author's first hand experience with a CST session and the positive effects it had on his day. For copies, visit the article archives at www.consciouschoice.com.

#0601D "Lymph Drainage Therapy: An Effective Complement to Breast Care" by Bruno Chikly, MD, *Massage & Bodywork*, June/July 2001. Dr. Chikly, the developer of Lymph Drainage Therapy (LDT), discusses how the appropriate and practical manual technique of LDT can be used by trained therapists for specific conditions and indications relating to breast care. The article presents such items as: An Overview of the Lymphatic System, the Applications and Contraindications of LDT, How to Achieve Optimal Results with LDT in addition to photographs and an extensive reference list. Charge for hardcopies: \$2.00 + s&h.

#0601C "Lymph Drainage Therapy and Its Integration in a Massage Therapy Practice" by Bruno Chikly, MD, *AMTA Florida Journal*, Summer 2001. This article by Dr. Bruno Chikly, the developer of Lymph Drainage Therapy, includes a historical overview of Lymph Drainage Therapy (LDT), Manual Lymphatic Mapping (MLM), indications for LDT and how to integrate LDT with other modalities. Charge for hardcopies: \$2.00 + s&h.

#0601B "When the Immune System Attacks, Ask Why" by John E. Upledger, DO, OMM, *Massage Today*, June 2001. In his column *CranioSacrally Speaking* Dr. Upledger the developer of CranioSacral Therapy, discusses the individual consciousness of tissues, cells and DNA molecules. Dr. Upledger shares his experience about treating a woman diagnosed with autoimmune disease of the liver by dialoguing with her organs and tissues. Available online at www.massagetoday.com in the June 2001 archives.

#0601A "Upledger Foundation Sponsors Beyond the Dura 2001", *Massage Today*, June 2001. This article provides an overview of some of the highlights and events from The Upledger Foundation seventh international research conference, Beyond the Dura '01. Available online at www.massagetoday.com in the June 2001 archives.

#0601 UI *UpDate* Newsletter, The Upledger Institute, Summer 2001. Articles and topics include: Therapists Enjoy A Mind Odyssey at Beyond the Dura 2001, The Visceral Manipulation Report, The Upledger Institute Introduces Advanced Lymph Drainage Therapy, When the Immune System Attacks Ask Why, Lessons from the Sessions and Beyond the Dura '01: Spirited Presentations & Practical Information. Issue available online at <http://www.upledger.com/newsletter/default.htm>

#0501 "The Privilege of Being a Witness" by John E. Upledger, DO, OMM, *Massage Today*, May 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses how he "chose to trust his hands and senses" while a clinician-researcher at Michigan State University and went on to discover CranioSacral Therapy. Available online at www.massagetoday.com in the May 2001 archives.

#0401B "A New Breed of Healers" by John Greenwald, *TIME*, April 16, 2001. In the Special Features section *Innovators*, *TIME* magazine profiles the most influential individuals of tomorrow in the article *TIME 100: The Next Wave*. Dr. John E. Upledger, the developer of CranioSacral Therapy, is featured in an article called "A New Kind of Pulse" and Jean-Pierre Barral, the developer of Visceral Manipulation, is featured in an article called "Has Your Liver Been Liberated?" Also included is the "To Our Readers" column from Stephen Koepf, Deputy Managing Editor mentioning CranioSacral Therapy, Letters to the Editor and Editor Clarification. Available online at www.time.com/innovators in the Alternative Medicine section. Charge for hardcopies: \$2.00 + s&h.

#0401A "Touched by Angels" by Suzanne B. Gleason, *The Oprah Magazine*, April 2001. The article discusses the use of massage therapy to ease fatigue, stress and chronic pain. CranioSacral Therapy is cited as beneficial for headaches and migraines. Permission to reprint pending. Contact the publisher at 212-649-3843.

#0401 UpClose Newsletter, The Upledger Institute HealthPlex Clinical Services, April 2001. Articles and topics include: Mighty Joe Defies the Odds With CranioSacral Therapy (treating arthrogyrosis with CranioSacral Therapy), The Privilege of Being a Witness and Foundation Fundraiser Kicks Off Beyond the Dura '01. Issue available online at <http://www.upledger.com/newsletters/default.htm>

#0301D “Lymph Drainage Therapy and its Integration in a Massage Therapy Practice” by Bruno Chikly, M.D., AMTA - Florida, Spring 2001. ‘Manual lymphatic mapping, and its clinical application, a non-invasive process, enables the trained practioners to manually assess the specific direction of lymphatic circulation, and then use that information to determine the most efficient alternate pathways for draining areas of fluid stagnation’. Chikly talks about the application of Lymph Drainage Therapy with massage therapy and other modalities. . Permission to reprint pending. Contact the publisher at 847-864-0123

#0301C “Using CranioSacral Therapy in the Chiropractic Practice” by Lisa Upledger, DC, FCA Journal, March-April 2001. Dr. Lisa Upledger discusses several applications of CranioSacral Therapy for patient conditions such as headaches, TMJ and Bell's Palsy. Article provides an overview and history of the CranioSacral System as well as the difference between CranioSacral Therapy and other cranial methods. Copying charge \$1.00 plus shipping & handling.

#0301B “An Eclectic and Integrative Approach to Treatment” by John E. Upledger, DO, OMM, Massage Today, March 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses treatment of a 43-year old woman suffering from abdominal bloating and pain and how different modalities can and should be integrated whenever appropriate to the therapeutic process. Available online at www.massagetoday.com in the March 2001 archives.

#0301A “Relief from Pain” by SueMae Bertenshaw, The News Press, March 11, 2001. Article highlights the use of CranioSacral Therapy to treat fibromyalgia. Permission to reprint pending. Contact the publisher at 1-800-364-5000.

#0301 “A CranioSacral Therapist’s Perspective on Migraine” by Dr. John E. Upledger, www.about.com, March 28, 2001. Dr. John E. Upledger describes how academic research at Michigan State University led him to develop the gentle manual techniques know as CranioSacral Therapy. Dr. Upledger describes CranioSacral Therapy and how it can be used to manage migraines. Available online at www.about.com using keyword search “upledger”.

#0201A “CranioSacral Therapy: The Healing Power of Touch” by Lynne C. Donnelly, Our Times, February 2001. After trying several conventional methods without success, three patients discuss the positive results they experienced using CranioSacral Therapy to treat: tendinitis and bursitis, herniated discs and torn wrist ligaments. Article provides a clear overview of CranioSacral Therapy and discusses the light-touch approach as an effective form of whole body treatment. Permission to reprint pending.

#0201 “A Doctor with Heart” by Patricia Kirby, Massage Magazine, March/April 2001. After noting the profound success that his wife, a pediatric physical therapist was having using CranioSacral Therapy to help children with sensory integration problems, Texas cardiologist Andrew Fryer, M.D., began taking CranioSacral Therapy courses from The Upledger Institute. Dr. Fryer has had particular success with CranioSacral Therapy to treat patients with neurocardiogenic syncope, an autonomic dysfunction that causes sudden fainting due to an inadequate flow of blood to the brain. He also uses CranioSacral Therapy on children with chest pain, palpitations and dizziness and on heart surgery patients. Copying charge: 50 cents + s&h.

#0101D “The Magic of Intentioned Touch and Blending” by John E. Upledger, DO, OMM, Massage Today, January 2001. In his column *CranioSacrally Speaking* Dr. Upledger, the developer of CranioSacral Therapy, discusses his first experience with intention and blending and the important role these concepts play in our innate abilities to help each other. Available online at www.massagetoday.com in the January 2001 archives.

#0101C “The Power of Touch: Helping Vietnam Veterans” *Massage Today*, January 2001. Article highlights the intensive therapy program created by The Upledger Foundation to successfully treat Vietnam veterans suffering from post-traumatic stress disorder. Includes pre-and post-treatment data resulting from the use of CranioSacral Therapy and SomatoEmotional Release. Available online at www.massagetoday.com in the January 2001 archives.

#0101B “CranioSacral Therapy” by Dr. Jennifer Doan, *Shared Vision*, January 2001. This short article discusses how a therapist uses CranioSacral Therapy, as an alternative to conventional means, to treat chronic problems. Article also discusses craniosacral rhythm. For copies contact publisher at 604-733-5062.

#0101A *IAHP Connection Newsletter*, The International Association of Healthcare Practitioners, Spring 2001. Articles and topics include: Beyond the Dura '01: Overview of Programs and Highlights, The Visceral Manipulation Report, Lessons from Sessions, Mighty Joe Defies the Odds with CranioSacral Therapy, Finding the Divine Human: A CranioSacral Therapy Dissection Experience. Issue available online at <http://www.upledger.com/newsletters/default.htm>

#0101 “Letters to the Editor” *Penthouse*, January 2001. Includes four Letters to the Editor regarding the *Penthouse* article “Politics in the Military” on Post-Traumatic Stress Disorder in Vietnam veterans. For more information or to order please see item #0008 below.

#0012A “Massage Modalities” by Lisa Randazzo, *DAYS SPA*, December 2000. Defines massage basics as well as offers description of various modalities. Features a section on CranioSacral Therapy including comments by Dr. John E. Upledger, the developer of CranioSacral Therapy. For copies contact the publisher at 818-782-7328.

#0012 “Tip of the Day for Health & Fitness: CranioSacral Therapy” by Thad Pearson, *www.dreamlife.com* December 7, 2000. A short article discussing the effectiveness of CranioSacral Therapy and how it often provides relief when other forms of medical treatment has failed to relieve pain and physical dysfunction. Available online at www.dreamlife.com/tip/tip.asp?cat=1&ID=673

#0011A “An Interview with Dr. John Upledger, DO, OMM, Creator of CranioSacral Therapy and SomatoEmotional Release” by Dennis Hughes, *The Share Guide*, Nov/Dec 2000. Dr. Upledger discusses the origins and applications of CranioSacral Therapy, physical descriptions of the craniosacral system and cerebrospinal fluid, tissue memory, energy cysts, and bodywork in the next century. Available online at www.shareguide.com/Upledger.html or contact the publisher at 707-829-0260.

#0011 *UpClose Newsletter*, The Upledger Institute HealthPlex Clinical Services, November 2000. Articles and topics include: Upledger Foundation’s Compassionate Touch Program Yields Compelling Results, Update on Current Research Projects and Communications Plan Benefits Charitable Programs. Charge: 80 cents+s&h..

#0010A “Connective Tissue Perspectives” author J.DeLany, W. W. Lowe, G. P. Kousaleos, J. C. Hannon, M. J. Shea, J. E. Upledger, *Journal of Bodywork and Movement Therapies*, October 2000. The authors discuss the body’s connective tissues and how different therapies are used in treatments. For copies, contact the publisher.

#0010 “Cranial Sacral Therapy...A Safe and Effective Healing Approach for the Hyperkinetic Child” by Diane M. Cooper, *www.spiritofmaat.com*, October 2000. This online article provides an in-depth interview with Dr. John E. Upledger, the developer of CranioSacral Therapy. Dr. Upledger discusses his work with children suffering from ADD/ADHD (or hyperkinesis), The Upledger Foundation Compassionate Touch Program, and the CranioSacral system. Available online at www.spiritofmaat.com/archive/oct1/upledger.htm

#0009 UI UpDate Newsletter , The Upledger Institute, Fall 2000. Articles and topics include: Upledger Instructors Teach Multidisciplinary Techniques at FSMTA Convention, The Visceral Manipulation Report, A CranioSacral Therapy Case Study, The Upledger Foundation Update on Current Research Projects, New Basic Acupressure Course Blends Ancient Methods with Contemporary Applications, The Expanding Role of Cerebrospinal Fluid in Health and Disease.

Issue available online at <http://www.upledger.com/newsletters/default.htm>

#0008D “Miracle Healing Powers of Dolphins” by Lynn Allison, *National Examiner*, August 22, 2000.

Discusses research from The Upledger Institute relating to dolphins and healing -- from improvements in psychological disorders to muscular dystrophy. Permission to reprint pending. For copies contact publisher at 1-800-749-7733.

#0008B “Massaging Lindros’ Lobes – Concussion -battered skull is receiving unconventional treatment called CST” by Andrew Chung and Mike Slaughter, *The Toronto Star*, August 9, 2000.

NHL center Eric Lindros turns to CranioSacral Therapy as an effective treatment after suffering a debilitating series of concussions. Copying charge: \$2.00 + s&h.

#0008A “CranioSacral Therapy keeps juices flowing” by A.J.S. Rayl with medical adviser Stephen A. Shoop, M.D., *USA TODAY*, August 2, 2000.

From the *Health* section of this widely read newspaper, Dr. Lisa Upledger, D.C. and others discuss the efficacy of CranioSacral Therapy and the importance of this vital body system. Permission to reprint pending. For copies contact publisher at 703-276-3400.

#0008 “Politics in the Military” by Catherine Cash Spellman, *Penthouse*, August 2000 and Letters to the Editor in January 2001 issue. Combat-scarred Vietnam veterans are successfully treated for Post-Traumatic Stress Disorder using CranioSacral Therapy, a gentle, effective method of complementary care developed by Dr. John E. Upledger. Charge: s&h only.

#0007 “Lymph Drainage Therapy (LDT): Manual Lymphatic Mapping And Its Clinical Applications To Lymphedema” by Bruno Chikly, MD (France), *Lymph Link*, July-September 2000. From the National Lymphedema Network publication *Lymph Link*, Dr. Chikly discusses Manual Lymphatic Mapping (MLM) – one of the most recent advances in the techniques used to specifically improve or restore the natural lymphatic drainage of the body. This article covers the historical background, lymphatic rhythm contractility of the lymphangions and various clinical applications. Permission to reprint pending. For copies contact publisher at 510-208-3200.

#0006A “Profile of a Healer: Upledger Up Close” by Rachel Eugster, *Holistic Practice*, Summer 2000.

An interview with Dr. John E. Upledger , the pioneering osteopath who developed the innovative technique known as CranioSacral Therapy. Permission to reprint pending. For copies contact publisher at 1-888-589-5433.

#0006B IAHP Connection Newsletter, The International Association of Healthcare Practitioners, Summer 2000. Articles and topics include: Dr. Upledger Testifies at Government Reform Committee Meeting on Autism, Dolphin Star Christening Launches New Explorations in Healing Potential, Visceral Manipulation Report, Face & Body 2000, Alternative Medicine Coverage Gaining Popularity, Zero Balancing Association Presents One-Year Certification, Bruno Chikly Introduces New Lymphedema/CDP Certification Exam, and BioAquatic Exploration Excursions Planned Aboard the New Dolphin Star. Copying Charge: \$2.00+s&h.

#0005 “Dolphin Research and Healing Breakthroughs: An Interview with Dr. John Upledger” by Daniel Whittles, *One Heart Magazine*, May/June 2000. Spotlight article with internationally recognized teacher and healer Dr. John E. Upledger. Discusses Dr. Upledger's fascinating and groundbreaking work with Post-Traumatic Stress Disorder in Vietnam veterans and the Upledger Foundations work with dolphin research. Permission to reprint pending. For copies contact publisher at 1-888-839-7263.

#0004 “‘Unapproved’ Therapy Works, Say Vietnam Vets” by Carolyn Susman, *Palm Beach Post*, April 27, 2000. Dr. Upledger discusses the efficacy of his Vietnam veterans intensive program for post-traumatic stress disorder conducted at The Upledger Institute HealthPlex Clinical Services. The article also includes the testimony of a veteran who participated in the program. Permission to reprint pending. For copies contact publisher at 561-820-4000.

#0004A “CranioSacral Therapy in the Massage Therapist’s Tool Kit: Improving Client Outcomes,” *AMTA Florida Journal*, Spring 2000. This article chronicles the origin of Dr. Upledger’s discovery of the craniosacral system, his subsequent development of CranioSacral Therapy, and how and why CST helps. Permission to reprint pending. For copies contact publisher at 904-471-8720.

#0004B “Restoring Your Natural Rhythm With CranioSacral Therapy: An Interview With Dr. John Upledger” by Christine Rock, *New Visions Magazine*, April 2000. Dr. Upledger explains the craniosacral system along with the origin and benefits of CranioSacral Therapy. He additionally describes some of his experiences with dolphin research. Permission to reprint pending. For copies contact publisher at 215-453-7371.

#0004C “Autism – Observations, Experience and Concepts” by John E. Upledger, DO, OMM, April 6, 2000. This is the transcript of Dr. Upledger’s testimony before the Government Reform Committee of the U.S. House of Representatives, 106th Congress (1999-2000). The day-long session featured testimonies from leaders in autism research and treatment, as well as from the parents of autistic children. Copying charge: \$1.10+s&h.

#0004D *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, April 2000. Articles and topics include: CranioSacral Therapy Is a Family Affair; Letter Spurs Call to Action by Dr. Upledger; Dolphin Star Christening Caps CranioSacral Therapy Awareness Month. Charge: 80¢+s&h.

#0004E “The Magic of Dolphins” by Jane Phillimore, *Sunday Express*, April 9-15, 2000. They’re playful, intelligent and many believe they have healing powers. Now scientists are close to unraveling the mystery of how dolphins can cure human ills. Featuring an interview with Dr. Russell Bourne, Chief of Staff at the Upledger Institute and Director of Research for the Upledger Foundation. Permission to reprint pending. For copies contact publisher at: 020 7928 8000 or mail to: Express Newspapers, Ludgate House, 245 Blackfriars Road, London SE1 9UX.

#0003 “Gardens Physician Believes in Power of Touch as a Healing Tool” by Linda Haase, *Neighborhood Post*, March 29, 2000. Dr. Upledger briefly explains the nature of the work performed at The Upledger Institute and answers some general questions designed to give readers insights into his personal side. Permission to reprint pending. For copies contact publisher at 561-820-4763.

#0003A *UI UpDate* Newsletter, The Upledger Institute, Spring 2000. Articles and topics include: Post-Traumatic Stress Disorder Research; Visceral Manipulation Report; CranioSacral Dissection Class; Fear: Deep Down and Personal by Dr. Upledger. Charge: \$2.00+s&h.

#0003B “The Power of Cranial Work in Complementary Care” by John E. Upledger, D.O., O.M.M., *AMTA – Florida*, Spring 2000. Dr. Upledger discusses how he discovered the ‘rhythm of cerebrospinal fluid pumping through the craniosacral system’, while assisting a surgery. In 1975, Michigan State invited Dr. Upledger to lead a task force to study and verify the mobility of cranial sutures and bones. For copies contact publisher at Contact the publisher at 847-864-0123.

#0002 “CranioSacral Therapy & Spinal Cord Injury” by S. Laurance Johnston, PhD, and Lynn St. Denis, NCMT, OTR, *Massage & Bodywork*, Feb./Mar. 2000. This in-depth article outlines the benefits of CranioSacral Therapy in treating spinal cord injuries. The authors offer the basis for and history of CranioSacral Therapy, the concerns of detractors, and CST’s efficacy in treating spinal cord dysfunction. Includes sidebar stories on “alternative medicine primers for spinal cord injury” and “tips for working with paralysis and other disabilities.” Charge \$2.00+s&h.

#0001A The Effects of Upledger CranioSacral Therapy on Post Traumatic Stress Disorder Symptomatology in Vietnam Combat Veterans by John E. Upledger, DO, OMM, Barry S. Kaplan, MD, Russell A Bourne, Jr. PHD, ABPS, Richard B. Zonderman PhD, *Subtle Energies & Energy Medicine*, Vol 11, Number 2. The Upledger Institute provided two-week intensive Treatment for Vietnam veterans suffering from Post Traumatic Stress Disorder as diagnosed by the Veteran's Affairs medical division. These patients received psychological evaluation tests at the times of entry and exit into and out of the program. The therapy used primarily was CranioSacral Therapy and its progeny Energy Cyst Release, SomatoEmotional Release and Therapeutic Imagery and Dialogue. The results obtained strongly suggest that PTSD may be more successfully treated when the therapy includes corrections of the craniosacral system, the release of foreign energies and conscious-nonconscious integration. For copies contact the publisher at 303-425-4625.

#0001 UpClose Newsletter, The Upledger Institute HealthPlex Clinical Services, January 2000.

Articles and topics include: Women and War: Post-Traumatic Stress Disorder Crosses All Gender Boundaries; Breaking Through the Armor of PTSD. Charge: 80¢+s&h.

#9912 "The Effectiveness of CV-4 and Resting Position Techniques on Subjects with Tension-Type Headaches" by William P. Hanten EdD, PT, Sharon L. Olson PhD, PT, Jennifer L. Hodson MS, PT, Vickie L. Imler MS, DC, PT, Virginia M. Knab MS, PT, Jennifer L. Magee MS, PT, *The Journal of Manual & Manipulative Therapy*, Vol. 7 No. 2 (1999), pp 64-20. This research study investigates the effectiveness of CranioSacral Therapy techniques on tension-type headache sufferers, with results indicating a statistically significant reduction in pain compared to control groups. Available from William P. Hanten, Texas Women's University School of Physical Therapy, 1130 M.D. Anderson Blvd., Houston, TX 77030.

#9911 UpClose Newsletter, The Upledger Institute HealthPlex Clinical Services, November 1999.

Articles and topics include: Hope, One Step at a Time The Upledger Foundation Update on Current Research Projects. Charge: 80¢+s&h.

#9911A "A Beginner's Guide to Craniosacral Therapy , Core Connection" by Sophia Schweitzer, *Natural Living Today*, November/December 1999. The article discusses how CranioSacral Therapy works and what happens during a session. The article acknowledges Dr. John Upledger discovery of whyskull bones moved and the cranial rhythm. For copies contact the publisher.

#9910 IAHP Connection Newsletter The International Association of Healthcare Practitioners, Fall 1999. Articles and topics include: Vietnam Vets Embrace Real Change in Intensive Therapy Program The Visceral Manipulation Report; Upledger Foundation Update; 2000 Course Calendar; CEU Information; Study Groups. Copying Charge: \$2.00+s&h

#9910A "Parlors vs. Therapists" by Bacon, *The Alamance News*, October 7, 1999. The article discusses the tentative agreement reached by the Mebane city councilmen to allow therapeutic massage therapist, Judy Crenshaw, to operate in the city. Available at October 7, 1999, archives.

#9910B "New Hypothesis for the Origin of Cranio-Sacral Motion" by A. Farasyn, MSc, DO, PhD Cand, Assoc. Professor, *Journal of Bodywork and Movement Therapies*, October 1999. Farasyn's article examines the 'hypothesis for the origin of Cranio-Sacral motion. The difference between the rhythm of venomotion and the Cerebro-Spinal Fluid is explained and a new hypotheses is put forwards.' For copies, e-mail A. Farasyn at andre.farasyn@clbp.com.

#9909 "The Roots & Branches of Neuromuscular Therapy" by Judith (Walker) DeLany, LMT, *AMTA Florida*, Autumn 1999. Ms. DeLany explores the origins of modern neuromuscular therapy along with current breakthroughs, including new treatment protocols and trigger point theories. Permission to reprint pending. For copies contact publisher at 904-471-8720.

#9909A “Highlights of Dr. Chaitow’s Myofascial Pain Conference” by Brian Coughlan, *Massage Therapy Journal*, Fall 1999. This overview of the October 1998 Multidisciplinary Approaches to Myofascial Pain Conference features synopses of Leon Chaitow’s and Benny Vaughn’s presentations, plus excerpts from the panel discussion, which included Leon Chaitow, Judith (Walker) DeLany, John Hannon, Tom Myers, and Benny Vaughn. Permission to reprint pending. For copies contact publisher at 847-864-0123.

#9909B “The Magic of Touch” by Joan Arnold, *New Age*, Sept./Oct. 1999. The right bodywork can relax and recharge your body, relieving tensions and freeing you to move more naturally. Seven therapies are profiled, including CranioSacral Therapy. Permission to reprint pending. For copies contact publisher at 617-926-0200.

#9908 “Craniosacral Therapy Gently Releases Aches and Tension” author unknown, *Elm Grove Elm Leaves Weekly Newspaper ElmGrove, WI*, August 12, 1999. The article features The Kings Head Hair Institute suggestion of how CranioSacral Therapy is a ‘part of an individual’s personal wellness program because it’s gentle and effective and can enhance energy levels, better sleep and better health’. Copies available Elm Grove Elm Leaves Weekly Newspaper August 12, 1999 archives.

#9907 “CranioSacral Therapy” by Will Wilson, *Positive Health*, July 1999. The article provides some history of CST including the work of William Sutherland and Dr. John Upledger. He discusses the effects of craniosacral therapy, describes what happens in a treatment and provides some case studies from his practice. For copies, www.positivehealth.com and click on articles.

#9906 “Gently Does It” by Victoria McKee, *Harpers & Queen*, June 1999. Actress Brooke Shields finds relief from TMJ through CranioSacral Therapy. Article includes interviews with Shields; her CranioSacral Therapist Karen Erickson, DC, who trained with Dr. Upledger; and Dr. Upledger himself, who explains how CST works. Charge: s&h only.

#9906B *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, June 1999. Articles and topics include: CranioSacral Therapy Eases Symptoms of Unusual Syndrome; CranioSacral Therapy: When and Where to Use It by Dr. Upledger. Charge: 80¢+s&h.

#9906C *UI UpDate* Newsletter, The Upledger Institute, Summer 1999. Articles and topics include: Beyond the Dura ‘99 Research Conference; CranioSacral Therapy: When and Where to Use It by Dr. Upledger; Feldenkrais Method for CranioSacral Therapists; UI HealthPlex Clinic Endorsement Program. Charge: \$2.40+s&h.

#9906D “The Benefits of Lymphatic Massage” by Janet M. D’Angelo, *EARTH STAR*”, June/July 1999. In her article, D’Angelo talks about cultivating the beauty from within using lymph drainage techniques. She acknowledges Bruno Chickly as developing Lymph Drainage Therapy (LDT). The article discusses the esthetic benefits of using LDT. For copies, contact the publisher at 617-576-1300.

#9905 “Stop the Cycle of Chronic Pain With Neuromuscular Therapy’s 6-Point System” by Judith (Walker) DeLany, LMT, *Massage Magazine*, May/June 1999. In this patient profile we follow the process for recovery using neuromuscular therapy of a man suffering chronic headaches and body pain. The article offers an explanation of somatic dysfunction and the neuromuscular therapy response to treating the six underlying conditions that cause or intensify pain in the body. Permission to reprint pending. For copies contact publisher at 509-324-8117.

#9904 “The Use and Abuse of Magnets in Healthcare” by John E. Upledger, DO, OMM, *Journal of Bodywork and Movement Therapies*, April 1999. Dr. Upledger cites reasons for caution in the use of magnets in therapy based on scientific evidence of the effects of magnetic fields upon living systems. Permission to reprint pending. For copies contact Copyright Clearance Center, 222 Rosewood Dr., Danvers, MA 01923.

#9902 “Magnets in Healthcare: A Cause for Pause” by John E. Upledger, DO, OMM. In this in-depth monograph, Dr. Upledger expresses his belief that caution should be exercised in the use of therapeutic magnets. Charge: \$2.50 + s&h.

#9901 “Breast Cancer Reconstructive Rehabilitation” by J. (Walker) DeLany, B. Chikly, M. Bredin, and A.C. Carter, *Journal of Bodywork and Movement Therapies*, January 1999. This clinical perspective profiles four approaches to breast cancer reconstructive rehabilitation: “Neuromuscular therapy treatment in post-mastectomy care” (DeLany); “Post-mastectomy care and Lymph Drainage Therapy” (Chikly); “Psychological overview” (Bredin); and “Occupational therapy perspective” (Carter). Includes an introduction and case history by J. (Walker) DeLany. Permission to reprint pending. For copies contact Copyright Clearance Center, 222 Rosewood Dr., Danvers, MA 01923.

#9901B *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, January 1999. Articles and topics include: Healing Journey Cuts a Path Through Alternative, Traditional Terrain Magnets: A Cause for Pause by Dr. Upledger. Charge: 80¢+s&h.

#9901C *IAHP Connection* Newsletter, The International Association of Healthcare Practitioners, Winter 1999. Articles and topics include: Multidisciplinary Approaches to Myofascial Pain Conference; Visceral Manipulation Report; Message From UI HealthPlex Medical Director; International CranioSacral Therapy Awareness Month. Charge: \$2.00+s&h.

#9901D “More Than the Brain’s Drain” by J. Travis, *Science News Online*, January 23, 1999. Provides an overview of cerebrospinal fluid, the important role it plays in the body and some interesting research and studies on this clear, colorless liquid that constantly bathes the brain and spinal cord. Permission to reprint pending. For copies contact publisher at 202-785-2255.

#9811 “The Right Touch?” by S. Laurance Johnston, PhD, *Paraplegia News*, November 1998. CranioSacral Therapy as an effective treatment for spinal cord dysfunction is explored. The author offers the basis for and history of CranioSacral Therapy, the concerns of detractors, and CST’s efficacy in treating spinal cord dysfunction. Permission to reprint pending. For copies contact publisher at 602-224-0500.

#9811A “CST From a Massage Therapy Perspective” by John E. Upledger, DO, OMM, *Massage Australia*, Nov. 1998-Jan. 1999. This is the second in a series of articles about CranioSacral Therapy by Dr. Upledger. In this installment, he invites licensed massage therapist and CranioSacral Therapist Roy Desjarlais to describe how CST can fit into the typical massage therapy practice. Permission to reprint pending. For copies contact publisher at PO Box 38 Wentworth Falls, NSW 2782 Australia; ph. 02 4757 3050; fax 02 4757 3936.

#9811B “Massage for Animals: Integrating Manual Therapies Into Traditional Care for Animals” by Alice Quaid, PT, and Gail Wetzler, PT, CVMI, ESMT, *Dermascope*, Nov./Dec. 1998. A growing number of professional therapists are interested in teaming with veterinarians to provide the most innovative healthcare techniques available. This article explains how CranioSacral Therapy, Visceral Manipulation and Mechanical Link can easily be used in combination with veterinary medicine. Charge: s&h only.

#9811C *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, November 1998. Articles and topics include: CST Adds the Missing Piece to Stroke Rehab; The Magic of Intentioned Touch and Blending by Dr. Upledger; The Upledger Foundation Update. Charge: 80¢+s&h.

#9810 “Cerebrospinal Fluid: What it Is and Where to Find It” by John E. Upledger, DO, OMM. In this monograph, Dr. Upledger offers his own in-depth viewpoint on this crucial body fluid. Charge: \$2.50+s&h.

#9810A UI *UpDate* Newsletter, The Upledger Institute, Autumn 1998. Articles and topics include: Beyond the Dura '99; Visceral Manipulation Curriculum Maximizes Learning; The Changing Face of Pediatrics; The Upledger Foundation UpDate. Charge: \$2.50+s&h.

#9810B “Using CranioSacral Therapy in the Chiropractic Practice” by Lisa Upledger, DC, *Chiropractic Products*, October 1998. Dr. Lisa Upledger explains the basis for CranioSacral Therapy, including how it differs from other cranial methods. She also gives examples of how she has effectively integrated CST to achieve profound results in patients. Permission to reprint pending. For copies contact publisher at 310-306-2206.

#9809 “Visceral Manipulation” by Jolynn Weiler, *Advance for Physical Therapists and PT Assistants*, Sept. 21, 1998. Jean-Pierre Barral, RPT, DO, discusses the breakthrough that led to his development of Visceral Manipulation. The article covers the basic technique, its impact on patients, and the professional reactions Barral has received over the years. Copying charge: 50¢+s&h.

#9809A “Voice of the Tissues” by Cathy Pliscof, PT, *PT-OT-Speech Today*, September 21, 1998. A client undergoing therapy following ligament repair surgery finds relief from pain through SomatoEmotional Release and Energy Cyst Release. Copying charge: 50¢+s&h.

#9808 “The ‘Fourth’ Hamstring” by Thomas Myers, *Massage & Bodywork*, Fall 1998. Beneath the traditional three hamstrings lies what the author, a Certified Advanced Rolfer, considers the ‘fourth’ hamstring. Discover new ways to work with these crucial muscles. Copying charge: 60¢+s&h.

#9808A “The Origins and Development of CranioSacral Therapy” by John E. Upledger, DO, OMM, *Massage Australia*, Aug.-Oct., 1998. This is the first in a series of articles on CranioSacral Therapy by Dr. Upledger. In it he reveals how he discovered and grew to understand the importance of CranioSacral Therapy. Permission to reprint pending. For copies contact publisher at PO Box 38 Wentworth Falls, NSW 2782 Australia; ph. 02 4757 3050; fax 02 4757 3936.

#9807 “Delving Deeper Into Structure” by Paul Chauffour, DO, and Eric Prat, DO, *PT-OT-Speech Today*, July 20, 1998. Physical therapists tend to focus on releasing joint restrictions to enhance function. In the last few years, however, Mechanical Link practitioners have explored structure at a deeper level to discover crucial fixations that should be considered an integral part of any global evaluation and treatment plan. Copying charge: 65¢+s&h.

#9807A “The View From John E. Upledger’s Cranium” by Mirka Knaster, *Massage Therapy Journal*, Vol. 37, No. 2, Summer 1998. An in-depth, question-and-answer interview with John E. Upledger, developer of CranioSacral Therapy. For copies contact publisher at 847-864-0123.

#9807B “The Peritoneum and Visceral Manipulation” by Thomas Myers, *Massage Magazine*, July/August 1998. A commentary on the importance of Jean-Pierre Barral’s Visceral Manipulation techniques, this ran as a subsection of a larger article entitled “The Abdominal Balloon, Part 2: Gut-Level Strategies.” For copies contact publisher at 509-324-8117.

#9807C “Reversing Autism and Depression With Bodywork” by Richard Leviton, *Alternative Medicine*, July 1998. At the Soma Therapy Centre in Vancouver, British Columbia, client care involves a team approach. Key techniques used are CranioSacral Therapy, SomatoEmotional Release and Jean-Pierre Barral’s Visceral Manipulation. The article chronicles two clinic success stories: an autistic 3 1/2-year-old with birth trauma and a middle-aged woman with a history of sexual abuse. Permission to reprint pending. For copies contact publisher at 415-789-1415.

#9807D *UpClose Newsletter*, The Upledger Institute HealthPlex Clinical Services, July 1998. Articles and topics include: Community Backs Boy’s HealthPlex Visit; Compassion and Violence by Dr. Upledger; Healing Touch Appears to Enhance Self-Esteem. Charge: 80¢+s&h.

#9807E “Gentle Therapy Can Ease Variety of Body Ailments” author unknown, *The Daily News, West Bend, WI*, July 6, 1998. Kathleen Aragon, a craniosacral therapist, discusses her craniosacral treatment at St. Joseph’s Community Hospital. Available in the July 6, 1998 archives.

#9806 IAHP Connection Newsletter, The International Association of Healthcare Practitioners, Summer 1998. Articles and topics include: The Consciousness of Organ Transplants; The Evolution of Visceral Manipulation; Mechanical Link: A Multidimensional Approach; New NMT Programs; Fascia and the Energy Matrix. Charge: \$2.00+s&h

#9805 “Healing With Words” by Russell A. Bourne, Jr., PhD, *PT-OT-Speech Today*, May 18, 1998. This article presents communication as an integrated process that can encourage or impede health and healing. The author is chief of staff of The Upledger Institute’s HealthPlex Clinical Services, and developer of UI’s Therapeutic Imagery & Dialogue workshop. Copying charge: 70¢+s&h.

#9804 *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, April 1998. Articles and topics include: Child Rebounds From Pediatric Strokes; Consciousness and Organ Transplants by Dr. Upledger; CST Helps Migraines and More. Charge: 80¢+s&h.

#9803 “Surviving Orthodontics: A Bodyworker’s Exploration Into Orthodontics and CranioSacral Therapy” by Nancy Burke, BA, CMT, *Massage & Bodywork*, Spring 1998. A professional practitioner of CranioSacral Therapy, Nancy Burke examines the overwhelming correlation between orthodontia and client complaints such as TMJ syndrome, headaches, low back pain and sciatica, fascial, muscular and neck pain, even the inability to think clearly. Copying charge: 75¢+s&h.

#9803A “Coaching Children in Developmental Progress” by Liza Katz, MSPT, *PT-OT-Speech Today*, March 30, 1998. CranioSacral Therapy offers a base of knowledge to help infants and children at their primary levels of impairment. Copying charge: 60¢+s&h.

#9802 “Paths of Researchers and Practitioners of ‘Alternative’ Therapies Divided” by Barnard J. Colan, *Advance for Physical Therapists*, Feb. 9, 1998. While researchers note modalities not backed by research should be used with caution, this article goes on to present Dr. John Upledger’s rationale for continuing with noninvasive techniques when they prove effective in practice. Copying charge: 50¢+s&h.

#9801 “CranioSacral Therapy: Following the Body’s Cues” by Becky Peeling, APR, *Health Naturally*, December/January 1998. General background and overview of CranioSacral Therapy, including benefits and information on practitioner training. Copying charge: 80¢+s&h.

#9801A “Is Human Cerebrospinal Fluid Reabsorbed by Lymph” by Bruno Chikly, MD (France), *AAO Journal*, Vol. 8, No. 4, Winter 1998. Describes some of the new concepts concerning the circulation between cerebrospinal fluid, cerebral interstitial fluid and lymph. It also presents some specific Lymph Drainage Therapy techniques that can help facilitate the exchange of these fluids. Copying charge: \$1.20+s&h.

#9801B *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, January 1998. Articles and topics include: Sound Chamber Amplifies Therapeutic Effects; The Upledger Foundation Update; Virgilio testimony about CST’s effects on her daughter. Charge: 80¢+s&h.

#9801C *UI UpDate* Newsletter, The Upledger Institute, Winter 1998. Articles and topics include: Beyond the Dura ’97; Visceral Manipulation Palpation Verification; Interview With Roy Desjarlais, LMT. Charge: \$2.00+s&h.

#9801D “Cranial Osteopathy and CranioSacral Therapy: Current Opinions by A.J. Ferguson, J.M. McPartland, J.E. Upledger, M. Collins, R. Lever, *Journal of Bodywork and Movement Therapies*, January 1998. Five osteopaths, including Dr. John E. Upledger, were asked to give their opinions on five different questions concerning the controversy as to the existence of what Dr. William Sutherland called the ‘primary respiratory mechanism, and if it does exist then what are the physiological processes behind it. For copies, contact the publisher.

#9712 “New Body-Based Therapies for Autism, ADD, and Other Childhood Disorders” by Maya Muir, *Alternative & Complementary Therapies*, Vol. 3, No. 6, December, 1997. Explores the use of two natural therapies — Sensory Integration and CranioSacral Therapy — on children with challenges such as autism and attention deficit disorder. For copies contact publisher at 914-834-3100.

#9712A “Who Discovered the Lymphatic System” by Bruno Chikly, MD (France), *Lymphology* 30, 1997. This article is partly excerpted from “The Discovery of the Lymphatic System and of Manual Lymph Drainage” that received a medal from the Medical Faculty of Paris VI, France. Copying charge: 80¢+s&h.

#9712B “Dolphins and Healing” by Russell A. Bourne, Jr., PhD, 1997. Recounts experience with the first known program to incorporate a proven therapeutic modality — CranioSacral Therapy — simultaneously while being in direct contact with dolphins. Copying charge: 75¢+s&h.

#9710 *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, October 1997. Articles and topics include: Pilot Keeps Dream Alive; An Eclectic and Integrative Approach to Treatment by Dr. Upledger; Young Dancer Makes Gains Charge: 80¢+s&h.

#9710A *IAHP Connection* Newsletter, The International Association of Healthcare Practitioners, Autumn 1997. Articles and topics include: French Experts Demonstrate Their Work at Symposiums; An Eclectic and Integrative Approach to Treatment by Dr. Upledger; Forming a Multihands Group. Charge: \$2.00+s&h.

#9709 “Mind + Body + Spirit = Zero Balancing” by Debora Romanchock, *PT & OT Today*, Sept. 1, 1997. Zero Balancing is a gentle yet effective method of aligning body energy with body structure. This article explores the parameters of this modality developed by Fritz Smith, MD. Copying charge: 55¢+s&h.

#9709A “CranioSacral Therapy” by Roy Desjarlais, LMT, CST-D, *Dermascope*, Sept./Oct. 1997. Roy Desjarlais, licensed massage therapist and staff clinician/instructor for The Upledger Institute, explains why spas should consider adding CranioSacral Therapy to their menu of services. Copying charge: 55¢+s&h.

#9709B “CranioSacral Therapy for Horses” by E. Bailey Tune, *Massage Therapy Journal*, Fall 1997. Bailey Tune uses CranioSacral Therapy to relieve horses of their discomforts. She also describes three case studies. Available at *Massage Therapy Journal*.

#9708 “Process Acupressure: Mapping Energy Pathways” by Debora Romanchock, *PT & OT Today*, Aug. 11, 1997. This article presents a comprehensive overview of Process Acupressure, and how it came to be created by Aminah Raheem, PhD, author of *Soul Return: Integrating Body, Psyche and Spirit*. Copying charge: 65¢+s&h.

#9708A “Applications of Pre- & Post-Surgical Lymph Drainage Therapy” by Bruno Chikly, MD (France), and Alaya Chikly, CMT, *Massage & Bodywork*, Summer/Fall 1997. French physician Bruno Chikly and his wife Alaya explore the many benefits of Lymph Drainage Therapy to pre- and post-surgical patients. It's been shown to help prevent infection, alleviate post-surgery swelling and even improve the scarring process. Copying charge: 60¢+s&h.

#9707 “Aston-Patterning: Accessing the Power of the Ground” by Laura Servid, OTR/L, Certified Aston-Patterning Practitioner, *PT & OT Today*, July 21, 1997. Laura Servid, who maintains a private practice in Aston work, explains the basics of Aston-Patterning, and provides case histories highlighting how this therapeutic modality has benefited her clients. Copying charge: 65¢+s&h.

#9707A *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, July 1997. Articles and topics include: HealthPlex Helps Shed Autism Label; The Big Picture on Milk Intolerance; Cellist Tunes in to New Healing Techniques. Charge: 80¢+s&h.

#9706B “Making Gains: Rehabilitation From Traumatic Brain Injury Combines a Variety of Methods,” *PT & OT Today*, June 23, 1997. This article highlights two severe accident cases in which the survivors received in-depth therapeutic treatment at The Upledger Institute HealthPlex Clinical Services. Copying charge: 55¢+s&h.

#9706A “Tenderly Touching the TM Joint” by Judith (Walker) DeLany, LMT, AMTA Georgia Chapter Newsletter, June 1997. Advocating a multidisciplinary treatment approach, Ms. DeLany explains the skeletal anatomy of the TM joint along with various causative factors of TMJ dysfunction. Copying charge: \$70¢+s&h.

#9706 UI UpDate Newsletter, The Upledger Institute, Summer 1997. Articles and topics include: Who Is Smartest of Them All? By Dr. Upledger; Upledger Foundation Update. Charge: \$2.00+s&h.

#9705 “Feeling Your Pain: A Mind/Body Approach for Treating TMJ Disorders and Other Traumas” by Steve Edgumbe, PT & OT Today, May 12, 1997. Karl Nishimura, DDS, MS, presents the basics for the Trauma Release Therapy Protocol that helps people recognize pain, elicit the traumatic experience that led to it, and bring about normalization and self-healing. Copying charge: 55¢+s&h.

#9704 UpClose Newsletter,, The Upledger Institute HealthPlex Clinical Services, April 1997. Articles and topics include: CranioSacral Therapy Brings Quick Relief to Bell’s Palsy Patient; Who Is Smartest of Them All? by Dr. Upledger. Copying charge: 80¢+s&h.

#9703 “New Concepts in Alternative Therapies: Treatment of TMJ Disorders Leads to Trauma Release Therapy (TRT)” by Karl Nishimura, DDS, MS, Alternative Therapies in Clinical Practice, March/April 1997. Explore the history of Trauma Release Therapy in relation to TMJ disorders. Copying charge: 60¢+s&h.

#9703A “Healing Mind and Body Via the Spirit” by Lee Nugan, MA, PT & OT Today, March 31, 1997. Lee Nugan, MA, staff psychotherapist at UI HealthPlex Clinical Services and instructor of the Spirituality and Healing workshop, discusses how forgiving oneself and others can profoundly affect recovery. Copying charge: 60¢+s&h.

#9701 “Dizzying Heights” by Mary Ellen Clark, Guideposts, Jan. 1997. American high diver and Olympic bronze-medallist Mary Ellen Clark describes the mystifying ailment she endured in her struggle to reach the 1996 Summer Games. Copying charge: 35¢+s&h.

#9701A “Post-Traumatic Stress Disorder” by Alice Quaid, PT, PT & OT Today, Jan. 20, 1997. Alice Quaid, PT, a clinician at UI HealthPlex Clinical Services, recounts her experiences with the clinic’s Vietnam veterans pilot PTSD program. Copying charge: 60¢+s&h.

#9701B “Dolphin-Assisted Therapy Opens New Vistas in CranioSacral Therapy” by Russell A. Bourne, Jr., PhD, and Ray Mercurio, LMT, Massage & Bodywork, Winter 1997. Twenty two clients spent two half-days at a dolphin facility receiving CranioSacral Therapy dockside and in the water with the dolphins. The fascinating results may lend new insight into the future of human-dolphin relations. Copying charge: 60¢+s&h.

#9701C UpClose Newsletter, The Upledger Institute HealthPlex Clinical Services, January 1997. Articles and topics include: Staff Assesses Therapy With Dolphins. Charge: 80¢+s&h.

#9610 “Olympic Diver Sinks Vertigo With CranioSacral Therapy” by John Murphy, Advance for Physical Therapists, Oct. 21, 1996. Mary Ellen Clark suffered from vertigo before she discovered CranioSacral Therapy and went on to win a bronze medal in Atlanta’s 1996 Olympic Games. Learn how Dr. John Upledger was able to relate Clark’s dizziness to an old knee injury. Copying charge: 50¢+s&h.

#9610A “The Vocabulary of Touch,” Interview with Dr. Fritz Smith, *Massage & Bodywork*, Fall 1996. Fritz Smith, MD, describes the special characteristics of energy movement in terms of touch, and how therapists can use this “vocabulary of touch” to reflect on the ways we relate to others. Copying charge: 70¢+s&h.

#9610B *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, October 1996. Articles and topics include: “MS Symptoms Bring Woman to HealthPlex”; “Dolphin-Assisted Therapy Project Kicks Off”; “Vertigo Can’t Stop This Olympian.” Charge: 80¢+s&h.

#9610C “Response to” CranioSacral Iatrogenesis”, *Journal of Bodywork and Movement Therapies*, October 1996. Dr. John E. Upledger, DO, OMM, describes how he developed CranioSacral Therapy and founded the Upledger Institute. For copies, contact the publisher.

#9609 UI *UpDate* Newsletter, The Upledger Institute, Autumn 1996. Articles and topics include: International Alliance of Healthcare Educators; CST Certification Program; In the Nick of Time by Dr. Upledger; CST for Senior Citizens; Patient Case: Learning Disability. Charge: \$2.00+s&h.

#9607 “Healing Hands: CranioSacral Therapy Helps Relieve the Pain Associated With TMJ” by Jill Flanagan, *PT & OT Today*, July 22, 1996. This article explores the role CranioSacral Therapy can play in the relief of temporomandibular joint syndrome Copying charge: 45¢+s&h.

#9606 “LDT: The French Connection to Lymph Drainage” by Claudia Stahl, *Advance*, June 3, 1996. Learn about Lymph Drainage Therapy along with specific application processes and how they differ from traditional lymph drainage methods. Copying charge: 25¢+s&h.

#9606A “An Olympian Comeback” by Jeff Lyttle, *Columbus Monthly*, June 1996. Vertigo nearly ended Mary Ellen Clark’s career until she discovered CranioSacral Therapy with the help of Dr. John Upledger. This article chronicles Clark’s bout with the dizzy spells that have proven so dangerous for competitive divers. Copying charge: 65¢+s&h.

#9606B “The Upledger Institute Report: Process Acupressure” by Kay Meddleton, RN, *Nurse’s Touch*, Summer 1996. Meddleton, a traditionally trained nurse, recounts a variety of situations in which she applied Process Acupressure to patients in both her private practice and a hospital setting. Copying charge: 50¢+s&h.

#9604 “An Interview with Bruno Chikly, MD” by Sharon Weisefish, Ph.D., P.T., *PT & OT Today*, April 8, 1996. A question and answer interview with Dr. Chikly regarding Lymph Drainage Therapy, its applications, how it differs from traditional manual lymph drainage techniques and the education requirements for study. Copying charge: 50¢+s&h.

#9604A “To Onar, With Love” by Russell A. Bourne, Jr., PhD, *Massage Therapy Journal*, Spring, 1996. Born prematurely in Moscow in 1991, Onar Bargior suffered severe cerebral circulation impairment, intracranial hemorrhage and encephaly. He was later diagnosed with infantile cerebral paralysis, spastic diplegia and hypertension-hydrocephalic syndrome. Onar finally traveled to UI HealthPlex Clinical Services where he underwent an intensive therapy program that gave his family a new sense of hope. Copying charge: 80¢+s&h.

#9604B *UpClose* Newsletter, The Upledger Institute HealthPlex Clinical Services, April 1996. Articles and topics include: Cancer Survivor Reaps Benefits for Body, Mind; Sandplay Therapy: Another Tool for Dialoguing. Charge: 80¢+s&h.

#9603 “Helping Hands” by Rebecca Peeling, *American Fitness*, March/April 1996. This article approaches CranioSacral Therapy from the vantage of its health and physical fitness benefits. Among the points addressed: what CST is, how it works, the history of the craniosacral system’s discovery, and the work of The Upledger Institute, founded in 1985. Copying charge: 40¢+s&h.

- #9603A “Process Acupressure” by Richard Beaumont, *Kindred Spirit (UK)*, Spring 1996.** Aminah Raheem, author of *Soul Return* (Aslan Publishing), discusses her development of Process Acupressure: a modality combining the principles of traditional acupressure, Zero Balancing, chakra energy work and process-oriented psychology. Copying charge: 35¢+s&h.
- #9603B “Zero Balancing” by Cindy Hilbert, RN, MsT, *Nurse’s Touch*, Spring, 1996.** Hilbert explains the process of Zero Balancing, including the three primary energy domains in the body; the concept of lightness, and how ZB can benefit clients. Copying charge: 25¢+s&h.
- #9603C “An Exclusive Interview with Judith Aston” by Kris Centeno, *Massage & Bodywork*, Spring 1996.** Judith Aston shares her background leading to the development of the Aston-Patterning technique. Copying charge: 55¢+s&h.
- #9603D “Aston-Patterning®: Integrating Aston Concepts Into a Massage Therapy Practice” by Judith Aston and Judith Pollock, PT, *Massage*, March/April 1996.** The article opens with an explanation of the underlying concept of Aston-Patterning along with the seven forms of A-P. The remainder of the article then focuses in detail on the form known as Aston Massage. Copying charge: 60¢+s&h.
- #9603E “Movement by Pattern” by Claudia Stahl, *Advance for Occupational Therapists*, March 4, 1996.** This is a profile of Judith Aston and her Aston-Patterning therapeutic movement technique. Copying charge: 25¢+s&h.
- #9603F *IHP Connection* Newsletter, The International Association of Healthcare Practitioners, Spring 1996.** Articles and topics include: The International Alliance of Healthcare Educators; Upledger Institute European Satellites; Access to Medical Treatment Act. Charge: \$2.00+s&h.
- #9601 “Wavering Heights” by Jimmy Burch, *Fort Worth Star-Telegram*, Jan. 7, 1996.** Profile on Mary Ellen Clark, 1992 Olympic Bronze medalist in platform diving and 1996 team contender, who fought a yearlong battle against vertigo in an attempt to compete in the Summer Olympics. Copying charge: \$1.00+s&h.
- #9601A “Olympian Returns to Diving With 2nd-Place Finish” by Jimmy Burch, *Fort Worth Star-Telegram*, Jan. 8, 1996.** This is a follow-up story on diver Mary Ellen Clark’s finish at the All-American Diving Invitational at Jamail Texas Swimming Center. The story reports that she experienced vertigo symptoms that subsided in Oct., 1995, after sessions with Dr. John Upledger. Copying charge: 25¢+s&h.
- #9601B “An Interview With Aminah Raheem, PhD” by Judith M. Rosinski, PT, *PT Today*, Jan. 22, 1996.** Dr. Raheem describes the technique of Process Acupressure, its contraindications, how it can enhance the work of CranioSacral Therapy and Myofascial Release, and much more. Copying charge: 30¢+s&h.
- #9601D “CranioSacral Therapy” Part I, by John E. Upledger, DO, OMM, *Massage & Bodywork*, Winter 1996.** Dr. Upledger explains the basis and basics of CranioSacral Therapy. Copying charge: 35¢+s&h.
- #9512 “Mind & Body Uniquely Connected in Holoenergetics” by Claudia Stahl, *Advance for Occupational Therapists*, Dec. 11, 1995.** This article addresses the modality Holoenergetics developed by Leonard Laskow, MD. Copying charge: 25¢+s&h.
- #9512A “New Therapy Questions Traditional Medical Concepts” by Jane Roodenburg, *Capital City Weekly* (Juneau, AK), Dec. 13, 1995.** Jane Roodenburg, a CMT and registered acupressurist, addresses CranioSacral Therapy and some of the many conditions the procedure has helped. Copying charge: 25¢+s&h.

#9512B “Clark Back on the Boards” by Karen Allen, *USA Today*, Dec. 14, 1995. Profile of Mary Ellen Clark, 1992 Olympic Bronze medallist in platform diving, U.S. Diving’s athlete of the year in 1993 and 1994, and a contender for the 1996 Olympic team. She fought a yearlong battle against vertigo in an effort to compete in the Summer Olympics. Copying charge: 75¢+s&h.

#9512C “Clark’s Comeback a Success” by Dave Sheinin, *The Miami Herald*, Dec. 18, 1995. Profile of Mary Ellen Clark, 1992 Olympic Bronze medallist in platform diving and 1996 team contender. She fought a yearlong battle against vertigo in an effort to compete in the Summer Olympics. Copying charge: 50¢+s&h.

#9512D “Aston-Patterning for Chronic and Acute Pain” by Marcia Michael, RN, *Nurse’s Touch*, Winter, 1995. Michael, a registered nurse and certified massage technician, explains why she uses Aston-Patterning exclusively in her work. Copying charge: 25¢+s&h.

#9511A “In or Out of Touch? Interview With Ken Frey, PT” by Cathy Pliscof, PT, *PT Today*, Nov. 13, 1995. Frey comments on the current state of the physical therapy profession from the perspective of the education afforded PTs, including how our system in the U.S. compares to that of other countries. Copying charge: 35¢+s&h.

#9509 “Desperate to Dive” by Carolyn Susman, *The Palm Beach Post*, Sept. 6, 1995. Profile of Mary Ellen Clark, 1992 Olympic Bronze medallist in platform diving and 1996 team contender, whose career was nearly ended because of the debilitating vertigo she developed in Jan. 1995. Copying charge: \$1.00+s&h.

#9509B “Differences Separate CranioSacral Therapy From Cranial Osteopathy” by John E. Upledger, DO, OMM, *Massage & Bodywork*, Fall, 1995. In this cover story, Dr. Upledger explains the origins and foundations of cranial osteopathy and his own CranioSacral Therapy, along with how these two approaches differ. Copying charge: 30¢+s&h.

#9507 “Why Can’t You Just Pay Attention?” by Carolyn Susman, *The Palm Beach Post*, July 13, 1995. This feature article explores attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD) from the perspective of the therapies and methods to which many are now turning for relief. Copying charge: \$1.00+s&h.

#9507A “Baby Bodywork” by Liz Brody, *Los Angeles Times*, July 25, 1995. This feature article focusing on CranioSacral Therapy approaches the method from the standpoint of its benefits to infants and children. Copying charge: 75¢+s&h.

#9507B “The Mechanics of Motion” by Alice Quaid, PT, *PT Today*, July 31, 1995. Judith Aston explains her development of Aston Movement as part of the Aston-Patterning educational system of movement coaching, bodywork, ergonomics and fitness training. Copying charge: 35¢+s&h.

#9506 “The Upledger Institute Offers Russian Boy Hope for More Active Life” by Francine Hammond, LMT, LPN, *Nurse’s Touch*, Summer, 1995. This article chronicles the dramatic effects of CranioSacral Therapy in the case of 4-year-old Onar Bargior of Moscow. Suffering from birth trauma and cerebral palsy, he was brought to The Upledger Institute’s HealthPlex Clinical Services where he underwent an intensive therapy program. Afterward he was finally able to reach for toys and food, sit cross-legged, and get up on his hands and knees in a crawling position. Copying charge: 25¢+s&h.

#9505 “An Exclusive Interview With John E. Upledger, DO, OMM” (compiled with the assistance of Tedd Koren, DC), *The American Chiropractor*, May/June, 1995. Dr. Upledger shares the origins of his lifelong work: from his practice in osteopathy, through a detailed recounting of his discovery of the craniosacral system, to what he considers his primary accomplishments and future goals. Copying charge: 35¢+s&h.

#9503 *IAHP Connection Newsletter (Inaugural Edition), The International Association of Healthcare Practitioners*, Spring 1995. Articles and topics include: CST Certification; Beyond the Dura '95; Political Corner; Cancer Case Study by Dr. Upledger; Trauma Release Therapy. Charge: \$2.00+s&h.

Updated on 02/09/2011

#9502 “Hands-On Healing: Which of These Methods Is Right for You?” by Thomas Claire, *Health Confidential*, Feb., 1996. Thomas Claire, LMT, author of *Bodywork: What Type of Massage to Get and How to Make the Most of It*, believes bodywork can profoundly affect health and well-being. Here he gives five common health problems and examples of bodywork that offer relief for each. Copying charge: 30¢+s&h.

#9502A “Creating a Healing Place for the Community,” *New Approaches Magazine*, Feb./March 1995. The primary focus of this article is on the use of CranioSacral Therapy at the Garden State Center for Holistic Health Care in Lakewood, NJ. Copying charge: 35¢+s&h.

#9500 “Research and Observations Support the Existence of a Craniosacral System” by John E. Upledger, DO, OMM. Dr. Upledger explains and defends the existence of the craniosacral system and the basis for CranioSacral Therapy in this in-depth monograph. Copying charge: \$2.50+s&h.

#9500A “CranioSacral Therapy, Part I: Its Origins and Development” by John E. Upledger, DO, OMM, *Subtle Energies*, Volume 6, Number 1, 1995. First installment of a series on CranioSacral Therapy. Dr. John Upledger describes the observations that led him to research the craniosacral system and later develop CranioSacral Therapy. Copying charge: \$5.70+s&h.

#9500B “CranioSacral Therapy, Part II: As It Is Today” by John E. Upledger, DO, OMM, *Subtle Energies*, Volume 6, Number 2, 1995. Second installment of a series on CranioSacral Therapy. Dr. John Upledger discusses the status of CST as a treatment modality today. Copying charge: \$3.50+s&h.

#9500C “CranioSacral Therapy, Part III: In The Future” by John E. Upledger, DO, OMM, *Subtle Energies*, Volume 6, Number 3, 1995. Final installment of a series on CranioSacral Therapy. Dr. John Upledger presents his concepts of potential applications and contributions for the betterment of the human condition. Copying charge: \$3.50+s&h.

9412 “What is Zero Balancing?” by David Lauterstein, *Massage Therapy Journal*, Winter 1994. Dr. Frederick Fritz Smith discusses his zero balancing technique and how health practitioners precisely and simultaneously can balance the physical and energetic aspects of their clients. For copies, contact the publisher.

#9106A “Exploring CranioSacral Therapy” by Richard Smoley, *Yoga Journal*, May/June 1991. The history of the development of CranioSacral Therapy is discussed, as well as different attitudes and approaches to working with the craniosacral system. Copying charge: 70¢+s&h.

#9104A “Toward an Understanding of CranioSacral Therapy” by Steve Heinrich, PT, *Physical Therapy Forum*, Vol. X, No. 13, April 5, 1991. Heinrich tells how a series of CranioSacral Therapy treatments helped a woman who suffered injury to the cervical spine, left shoulder and facial region in an automobile accident. Copying charge: 70¢+s&h.

#9104B “Changes in Magnitude of Relative Elongation of Falx Cerebri During the Application of External Forces on the Frontal Bone of an Embalmed Cadaver” by Dimitrios Kostopoulos, MA, RPT, and George Keramidas, MS, *Physical Therapy Forum*, April 5, 1991. This article offers validation of the scientific basis of CranioSacral Therapy. Copying charge: 80¢+s&h.

#9103 “Bodymind and Soul II: CranioSacral Therapy and Myofascial Release” by Lory Skwerer, *Massage Therapy Journal*, Spring 1991. This book review describes *CranioSacral Therapy, CranioSacral Therapy II: Beyond the Dura*, and *SomatoEmotional Release and Beyond* by Dr. John Upledger. Copying charge: 80¢+s&h.

#9101 “The Role of Physical Therapy in Craniofacial Pain Disorders: An Adjunct to Dental Pain Management” by Steve Heinrich, PT, *Journal of Craniomandibular Practice*, Vol. 9, No. 1, Jan. 1991.

Discusses how physical therapists can be quite effective in assisting dentists and physicians with the management of many difficult upper quarter and craniofacial pain syndromes. Copying charge: 90¢+s&h.

#9011 “Nun’s Tutwiler Clinic Haven for Sick” by Steve Walton, *The Clarion-Ledger*, November 25, 1990. Sister Anne Brooks took month-long clinic rotations throughout the South and Mexico before deciding to open her medical practice. She now cares for the sick and injured – a position she herself was in not too long ago. Sister Anne met Dr. John E. Upledger, DO, OMM, the developer of CranioSacral Therapy, when she was in a wheelchair suffering from rheumatoid arthritis. She had been told by doctors that she would be on crutches or in a wheelchair for the rest of her life. But, Dr. Upledger believed otherwise and treated her through a varied, rigorous program. The result was that six months after working with Dr. Upledger, she was out of her wheelchair. Sister Anne also followed Dr. Upledger's advice and earned her medical degree and is the first doctor in a decade to care for the residents of Tutwiler. Permission to reprint pending. Contact the publisher at 601-961-7000.

#9009 Ross McNamara’s Story. A collection of letters and articles sharing the touching story of a three-year-old boy who was plagued with multiple, mysterious seizures who, through the help of a fund-raising campaign, was brought to the Upledger Foundation’s Brain and Spinal Cord Dysfunction Center. Copying charge: \$2.50+s&h.

#9003 The Colorado Board of Medical Examiners vs. W.M. Raemer, D.D.S. This Court of Appeals, State of Colorado Case No. 87CA1589, March 22, 1990 ruling declared CranioSacral Therapy (CST) is an effective form of treatment for TMJ dysfunction. Further, it was ruled that dentists in Colorado are allowed to use CST for treatment in the scope of their practice. Copying charge: \$1.00 + s&h.

#9003A “An Overview of Erb’s Palsy With Manual and Craniosacral Therapy” by Sharon Weiselfish, MA, RPT, *Physical Therapy Forum*, week of March 26, 1990. Erb’s Palsy is described as paralysis due to Brachial Plexus injury, and shoulder dystocia, as a result of traumatic delivery of mature infants. The article notes that ‘after five treatment sessions documentation reflected: improved craniosacral movement and increased cranial rhythmic impulse throughout; markedly increased ranges of all left upper extremity movements; and improved postural symmetry. The patient was using the arm more spontaneously. For copies, contact the author at (203) 523-1736.

#9002A Letter to the Editor by John E. Upledger, DO, FAAO. Answers questions concerning hands-on CranioSacral Therapy and details Dr. Upledger’s discovery and development of the therapy. Source and date unknown. Copying charge: \$1.50+s&h.

#9001 “Body Watch: The Importance of Dialogue and Myofascial Unwinding in Creating a Safe Place to Heal” by Steve Heinrich, PT, *Physical Therapy Forum*, Jan. 15, 1990. The author gives two case studies of SomatoEmotional Release being used to treat musculoskeletal conditions. Copying charge: 70¢+s&h.

#8909 “CranioSacral Therapy: Who Shall Do It?” by John E. Upledger, DO, FAAO, DS, *Journal of Alternative Medicine*, Fall 1989. Essay describing the author’s early research with brain dysfunctioning children, his hypothesis regarding the suitability of CranioSacral Therapy as an effective treatment, and his search for therapists to perform evaluations and treatments on patients in need. Copying charge: 80¢+s&h.

#8908 “Manual Therapy: Rediscovering an Ancient Healing Art” by Barbara Cohn, *Newsletter of the National Chronic Pain Outreach Association*, Aug. 1989 to Feb. 1990. A three-piece series on manual therapy that includes spinal manipulation, joint mobilization, Myofascial Release, muscle energy techniques, massage therapy, trigger points, myotherapy, Trager work and CranioSacral Therapy. Copying charge: \$1.20+s&h.

#8907 “Cranial Osteopathy, The Energy Cysts: Parts I and II” by John E. Upledger, DO, FAAO, *Caduceus*, Issue No. 7, 1989. In Part I, Dr. Upledger makes fascinating observations about the origin and process of disease conditions we commonly experience and provides insights relevant to therapists

practicing a wide range of techniques. In Part II he examines the frontiers of understanding about CranioSacral Therapy. Copying charge: \$1.10+s&h.

#8906 “Masseuse Rubs Out Life’s Stress, Tensions” by Sean T. Kelly, *St. Paul Pioneer Dispatch*, June 21, 1989. Explains the reasons Maureen Morgan abandoned her 12-year nursing career for massage and craniosacral work. Copying charge: 50¢+s&h.

#8906A “Learning To Let Go — The Role of SomatoEmotional Release in Clinical Treatment” by Steve Heinrich, PT, *Physical Therapy Forum*, June 19, 1989, Vol. VIII, No. 24. Two more examples of individuals suffering musculoskeletal disorders who have been treated with SomatoEmotional Release. Copying charge: 80¢+s&h.

#8906B “The Facilitated Segment” by John E. Upledger, DO, FAAO, *Massage Therapy Journal*, Summer 1989. Describes the “facilitated segment,” the powerful bond between the musculoskeletal system and the various visceral systems throughout the body. Copying charge: 80¢+s&h.

#8903 “The Craniosacral Rhythmic Impulse” by Don Cohen, DC, *The American Chiropractor*, March, April and May, 1989. A three-part series reflecting the use of CranioSacral Therapy in chiropractic medicine. Copying charge: \$1.20+s&h.

#8902 “CranioSacral Therapy” by Susan Danese, *Toronto New Age Monthly, Dimensions*, Vol. IV., No. 2, Feb., 1989. Case studies documenting how CranioSacral Therapy helped four individuals with chronic pain and infection. Copying charge: 70¢+s&h.

#8901 “Fall Was Physicalization of Mental State” by Sandy Cullen, reprinted from *The (Harrisburg) Patriot-News, The Tribune*, Jan. 16, 1989. Cullen writes about playwright John Arndt’s experience with physical, mental, emotional, and spiritual rehabilitation after falling from a tree and becoming paralyzed from the waist down. Copying charge: 50¢+s&h.

#8812 “The Therapeutic Value of the CranioSacral System” by John E. Upledger, DO, FAAO, *Massage Therapy Journal*, Winter 1988. Brief description of CranioSacral Therapy in layman’s terms; its origins, Dr. Upledger’s observations and research, and the practical application of CranioSacral Therapy are discussed. Copying charge: 60¢+s&h.

#8703 “Sister Anne Brooks, Doctor and Nun, Practices Without Preaching to the Poor” by Bill Shaw, *People Magazine Weekly*, March 23, 1987. This is a heartwarming article describing the work of Sister Anne Brooks as she provides hope, inspiration and medical care to the impoverished residents of Tutwiler, Miss. Sister Anne was encouraged by Dr. John E. Upledger, the developer of CranioSacral Therapy, to get a degree in osteopathic medicine. The two first met when Sister Anne was in a wheelchair suffering from rheumatoid arthritis. She had been told by doctors that she would be on crutches or in a wheelchair for the rest of her life. But, Dr. Upledger believed otherwise and treated her through a varied, rigorous program. The result was that six months after working with Dr. Upledger, she was out of her wheelchair. Sister Anne also followed Dr. Upledger’s advice and earned her medical degree and is the first doctor in a decade to care for the residents of Tutwiler. Copying charge: \$2.00+s&h..

#8704 “Cranial and Structural Evaluation of Newborns: A Review of 54 Infants and Correlation of Structural Findings to the Mechanisms of Delivery” by Catherine M. Kimball, DO. This study explains the impact of labor and delivery on an infant’s skull, as well as how forceps and other tools or methods used for delivery can affect brain and central nervous system functions. Copying charge: \$1.30+s&h.

#8308 “A Thermographic View of Autism” by John E. Upledger, DO, FAAO, *Osteopathic Annals*, Aug. 1983. At a center for autism, 26 children and two teachers were studied by thermography. Many unexplained findings and the questions they raised are discussed. Copying charge: 80¢+s&h.

#8307 “CranioSacral Function in Brain Dysfunction” by John E. Upledger, DO, FAAO, *Osteopathic Annals*, July 1983. This report suggests that, in a significant number of cases, the craniosacral system may

have a powerful influence on brain function. Further research in this area could reveal that specific membrane tension patterns correlate to specific brain dysfunction syndromes. Copying charge: 80¢+s&h.

#8209 “Childhood Behavioral Problems” by John E. Upledger, DO, *Journal of Applied Nutrition*, Volume 34, Fall 1982. This overview of a three-year study of autistic children describes the effects of various therapeutic modalities and changes in physical environment upon behavior. It also offers an in-depth review of the results of mineral-content hair analysis on a sample of 41 children. Copying charge: \$2.70+s&h.

#8208 “Right-Brain, Left-Brain Asymmetry” by Norma J. Gilmore., *ACLU Newsbriefs*, July/Aug. 1982. Discusses right-brain/left-brain theory and its application in treating learning-disabled people. Copying charge: 50¢+s&h.

#8201 “Description of Fifty Diagnostic Tests Used With Osteopathic Manipulation” by Dinnar, Upledger, et al., *Journal AOA*, Vol. 81, Jan. 1982. Describes how five osteopathic physicians used 50 diagnostic tests during videotaped examinations and treatments of patients who complained of low back pain. Offers useful tool for research into osteopathic manipulation. Copying charge: \$1.20+s&h.

#8012 “Trace Mineral Hair Analysis in Autistic Children” by Henderson, Brookes, Raynesford, and Upledger. *Journal AOA*, Vol. 80, Dec. 1980. Briefly describes hair-analysis research undertaken to evaluate the status of a group of autistic children to determine if any physiological disturbances were contributing to their emotional and developmental problems. Copying charge: 50¢+s&h.

#8011 “Scoliosis — A New Contributing Factor to Consider” by John E. Upledger, DO, *Postgraduate Medicine*, Vol. 68, No. 5, Nov. 1980. Discusses the possibility that orthodontic appliances may contribute to the onset of scoliosis. Copying charge: 50¢+s&h.

#8004 “Examination of the Cranial Rhythm in Long-Standing Coma and Chronic Neurologic Cases” by Karni, Upledger, Mizrahi, Heller, Becker, Najenson; Israel Institute of Technology, April 1980. This report details the results of cranial examinations performed by Dr. Upledger on coma patients in the intensive-care units of the Loewenstein Rehabilitation Hospital, Ra’anana, Israel. Copying charge: \$1.90+s&h.

#8001 “Cranial Therapy Proves Successful With Some DD Children,” *Advocate*, Jan./Feb. 1980. This newsletter presents Dr. Upledger’s pioneering research of CranioSacral Therapy on children with learning disabilities, behavioral problems and autism. It also discusses how a child with cerebral palsy was successfully treated by Dr. Upledger. Copying charge: 50¢+s&h.

#7911 “Holism, Osteopathy and Biomechanics” by John E. Upledger, DO, *FAAO, Michigan Osteopathic Journal*, Nov. 1979. Discusses a holistic approach to healing, particularly hands-on diagnosis and treatment. Copying charge: 50¢+s&h.

#7911A “A Proposed Mechanism for Drugless Pain Control” by Retzlaff, Upledger, and Vredevoogd, *Michigan Osteopathic Journal*, Nov. 1979. Building upon the work of previous researchers, the authors postulate that pain control can be affected in all parts of the body by stimulating free-ending pain receptors. Copying charge: 60¢+s&h.

#7907 “Mechano-Electric Patterns During Craniosacral Osteopathic Diagnosis and Treatment” by John E. Upledger DO, FAAO, and Zvi Karni, PhD, DSc, *Journal AOA*, Vol. 78, July 1979. Describes experimental bioelectric recording methods used to verify palpatory sensations perceived by the physician at various locations on the patient’s body. Copying charge: \$1.40+s&h.

#7906 “Management of Autogenic Headache” by John E. Upledger, DO, and Jon D. Vredevoogd, *Osteopathic Annals* 7:6/June 1979. Hypothesizes that, while tissue contraction is a natural defense mechanism against injury, this defense may support the continuation of pain when it is no longer appropriate. Copying charge: \$1.40+s&h.

#7905 “Unique ‘Craniosacral’ Studies Underway,” *MSU News-Bulletin*, Vol. 10, No. 28, May 1979. Describes Dr. Upledger’s and Ernest Retzlaff’s craniosacral studies of learning disabilities, behavioral problems and autism at Michigan State University. Copying charge: 50¢+s&h.

#7904 “Unique Studies of CranioSacral System Being Conducted at MSU Osteopathic College,” *COM-MSU Communique*, April 9, 1979. Interdepartmental memo describes research on behavioral problems and autism, highlighting the research findings of John E. Upledger, DO, FAAO, and Ernest Retzlaff, PhD. Copying charge: 60¢+s&h.

#7903 “Aging of Cranial Sutures in Humans” by Retzlaff, Upledger, Mitchell, and Walsh, *The Anatomical Record*, Vol. 193, No. 3, March 1979. Offers an analysis of cranial sutures in human cadavers. Copying charge: 50¢+s&h.

#7902 “Subjectivity — Unsound Basis for Craniosacral Research”, *Journal AOA*, Vol. 78, Feb. 1979. In this letter to the editor, Dr. Charles Steiner challenges Dr. Upledger’s basis for craniosacral research as subjective. Dr. Upledger replies to these challenges. Copying charge: 60¢+s&h.

#7900 “Early Steps of Cranial Therapy in Israel” by Zvi Karni and John E. Upledger, 1979. Describes the case of a child who was cranially treated for damage to the skull caused by a past accident, and the substantial improvement that has since taken place. Copying charge: \$1.10+s&h.

#7812 “The Goal of Therapy” by John E. Upledger, DO, FAAO, *The D.O.*, Dec. 1978. Discusses the goal of therapy through both the physician’s and patient’s perspective. Remarks on the healing professions in general. Copying charge: \$1.00+s&h.

#7807 “Diagnosis and Treatment of Temporoparietal Suture Head Pain” by John E. Upledger, DO, FAAO, and Ernest W. Retzlaff, PhD, *Osteopathic Medicine*, July 1978. This article describes an uncomplicated approach to the diagnosis and treatment of problems ranging from recurrent head pain to cerebral dysfunction. Copying charge: 90¢+s&h.

#7806 “The Relationship of Craniosacral Examination Findings in Grade School Children With Developmental Problems” by John E. Upledger, DO, FAAO, *Journal AOA*, Vol. 77, June 1978. Research paper undertaken to determine if there is a relationship between restricted mobility of the craniosacral system and developmental problems in grade-school children, particularly “exceptional children” who have learning disabilities and emotional impairments. Copying charge: \$1.90+s&h.

#7803 “Cranial Suture Morphology” and other abstracts by Retzlaff, Mitchell, Upledger, Biggert, Vredevoogd, Dinnar, and Karni. Abstracts from the Second World Congress on Pain of the International Association for the Study of Pain (Aug. 27-Sept. 1, 1978) and the 1978 American Osteopathic Association Research Conference (March 16-18, 1978). Describes a series of topics then under study in the areas of cranial pain, cranial suture compression, and treatment of sacroiliac dysfunction. Copying charge: \$1.20+s&h

#7802 “Nerve Fibers and Endings in Cranial Sutures” by Retzlaff, Mitchell, Upledger and Biggert, *Journal AOA*, Vol. 77, Feb. 1978. Describes nerve endings and fibers present in cranial sutures of the squirrel monkey, with the observation that multiaxial movement can occur. Copying charge: 50¢+s&h.

#7802A “Bioelectric and Strain Measurements During Cranial Manipulation” by John E. Upledger, DO, and Zvi Karni, PhD, DSc, *Journal AOA*, Vol. 77, Feb. 1978. Discusses the occurrence of a subjective impression of “release” during osteopathic manipulative treatment, and techniques used to record this phenomena bioelectrically and electrocardiographically. Copying charge: 50¢+s&h.

#7802B “Bioelectric and Strain-Gauge Recordings During Transcutaneous Acupuncture Treatment” by John E. Upledger DO, FAAO, and Zvi Karni, PhD, DSc, *Journal AOA*, Vol. 77, Feb. 1978. Describes

experimental bioelectric recording methods used to monitor acupuncture treatments in patients with severe back pain. Copying charge: \$1.20+s&h.

#7708 “The Reproducibility of Craniosacral Examination Findings: A Statistical Analysis” by John E. Upledger, DO, FAAO, *Journal AOA*, Vol. 76, Aug. 1977. Clinical research paper in which statistical analysis methods are used to determine whether there is a cranial rhythmical impulse that is different from the cardiovascular and respiratory rhythms of the subject and examiner. Copying charge: \$1.40+s&h.

#7707 “Integration of Acupuncture and Manipulation” by John E. Upledger, DO, FAAO, *Osteopathic Medicine*, July 1977. Provides the family practitioner with acupuncture techniques and shows that, when combined with manipulative treatment, clinical results will often be improved. Copying charge: \$1.40+s&h.

#7707A “Osteopathic Medicine and Traditional Chinese Medicine” by John E. Upledger, DO, FAAO, *The D.O.*, July 1977. Discusses the applicability of Chinese medical philosophy and treatment to osteopathic medicine. Copying charge: 80¢+s&h.

#7612 “Craniosacral Mechanisms” by Retzlaff, Roppel, Becker, Mitchell and Upledger, *Journal AOA*, Dec. 1976. Briefly describes the scientific basis for craniosacral research and therapy involving manipulation, and its implications for the treatment of pain. Copying charge: 50¢+s&h.

#7612A “Bioelectric Phenomena in Relation to Neural Function” by Roppel and Upledger, *Journal AOA*, Vol. 76, Dec. 1976. Briefly describes the hypothesis deduced from the attempts to develop “a unifying view in which a number of bioelectric manifestations may be understood as expressions of more fundamental processes,” thus leading to a practical explanation of the mode of action of peripheral-stimulation therapies. Copying charge: 50¢+s&h

#0000A “CranioSacral Therapy” by John E. Upledger, DO, FAAO. This overview directed to the layperson explains the basic concepts of CranioSacral Therapy the physiology of the craniosacral system, the individuals who can benefit from it, and the therapists who can learn to use it. Copying charge: 50¢+s&h.

#0000C Testimonial by Cynthia Rowe, PT. Cynthia Rowe writes about her first experience seeing the falx cerebri, tentorium cerebelli and falx cerebelli of a cadaver while working as a teacher’s assistant in a gross-anatomy lab course at Harvard Medical School. Copying charge: 50¢+s&h.

#0000D “Correspondences Between Chapman’s Reflexes and Acupuncture Points” and “Correlations Between the Associated Points of Acupuncture and Paravertebral Segmental Visceral Relationships” by John E. Upledger, DO, OMM. (Source and date unknown.) These related articles report a striking correspondence between Chapman’s Reflex Centers and acupuncture points, both in terms of their specific anatomical locations and their reported effects upon precise organ functions. Copying charge: \$1.70+s&h.

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