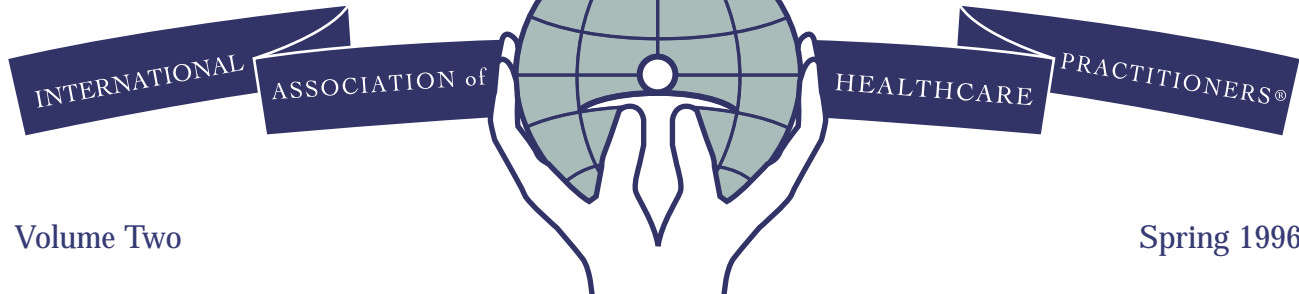


CONNECTION



Volume Two

Spring 1996

Announcing the International Alliance of Healthcare Educators

Bodywork approaches continue to be increasingly more visible on the healthcare landscape. In response to this trend, there are more course developers who are looking to offer training in a widening variety of modalities. The Upledger Institute is pleased that so many developers are seeking advice and counsel for the administration of their workshops.

To more accurately reflect the Institute's relationship with other healthcare educators, the *International Alliance of Healthcare Educators (IAHE)* has been formed as the umbrella organization under which the seminars will be offered.

The International Alliance of Healthcare Educators currently oversees seminars in the following curriculums:

- CranioSacral Therapy
- Visceral Manipulation
- Mechanical Link
- St. John Method of Neuromuscular Therapy
- Zero Balancing
- Process Acupressure
- Muscle Energy
- Strain/CounterStrain
- Spinal Release
- Aston Therapeutics



- Integrative Manual Therapy
- Lymph Drainage
- Energy Integration
- Trauma Release
- Fascial Mobilization

The IAHE designation is a reflection of progress as efforts continue to bring innovative therapies to the forefront of healthcare acceptance and practice.

There's a new toll-free number to call for information and registration: **1-800-311-9204**.

WHAT'S INSIDE

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We're looking forward to serving you in our expanded capacity as the International Alliance of Healthcare Educators.

We're On Line

Accessing a storehouse of information just got easier with the introduction of four new web sites on the Internet.

The Upledger Institute

(<http://upledger.com>) and St. John Neuromuscular Pain Relief Institute (<http://stjohnnmt.com>) home pages are accessible on the Internet. Direct from your home or office computer, you can register for classes, order books and products, read the latest news or learn about the history of the respective institutes and clinical services.

The International Association of Healthcare Practitioners site at <http://iahp.com> is available exclusively to members through a members-only password.

Travel Concierge, our in-house travel agency, has a site as well, telling you about their services and exciting adventures that await. Visit them at <http://tc-travel.com>.

Welcome to our new homes in cyberspace. Boot up and see us sometime!

There's a new toll-free number to call for information and registration: **1-800-311-9204**

Eye on Europe — Upledger Institute Europe and Its Satellites

by A.J. de Koning, President, Upledger Institute Europe

In December 1989, a few curious therapists from Holland went to Hawaii to attend a CranioSacral Therapy course; how little did they know what would happen to them after that. I would like to tell you about what is happening in Europe and how the European Institute is developing into a mature organization. It might be of interest to anyone who wants to attend a course or courses in one of the European countries.

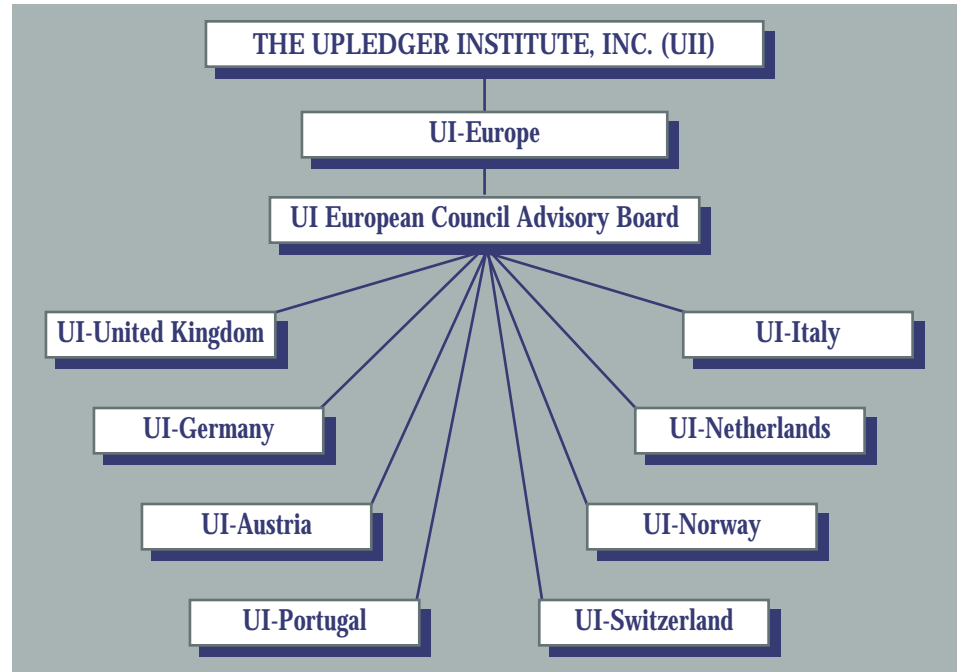
Going back to 1990 and 1991, we — the founders of The Upledger Institute Europe (UIE) — completed all the courses and were trained to start our first course in late 1991. Within five years, over 100 courses were organized in almost 10 European countries. First, let me tell you more about our organization and the satellites.

The main office is located in Doorn and is also the clinic and training center for Holland. This main office works intensively together with the Institute in Palm Beach Gardens on matters of administration and organization for a great part of Europe.

The satellite office in each country is operated by local residents. In the beginning, they are supported by trained teachers, either from Holland or Germany, depending on the language of that specific country. After a few years, most countries should be able to use their own instructors and have an organization in place. Each country is what we call a satellite; for example, Upledger Institute Europe Austria or Upledger Institute Europe Norway. These are satellites of The Upledger Institute Europe. This system is necessary because every country has its own language and its own "peculiarities." Teaching only in English or German/Dutch would deprive many therapists of the opportunity to follow and understand the courses.

Each satellite has one or two delegates on the European Advisory Board, which is a consultant group to talk about specific problems, educational matters, joint activities, etc.

A comprehensive overview of the Institute's European satellites looks like this:



Current or future UIE satellites

The European Advisory Board is in principle the operational floor where most decisions and policies are made. All the courses are identical to those in the States so every participant from the U.S. can follow a course in Europe and continue to the next level in the U.S. (check the language the course is presented in). English-taught courses are still in various countries. Satellites that present the entire or nearly the entire range of CranioSacral Therapy courses are Germany, Austria, Norway, Switzerland and Holland.

Further information is always available through our office in Holland (phone: 011 31 3435 14031, fax: 011 31 3435 12189) or in Palm Beach Gardens (phone: 1-800-233-5880, Ext. 8904, fax: 407-622-4771).

Last but not least, the Fourth Congress of UIE is planned to take place in Amsterdam June 21-22, 1996 (see accompanying article).

Editor's Note: In addition to the development in Europe, The Upledger Institute is also doing workshops and has additional satellites in other parts of the world.



Founding fathers of The Upledger Institute Europe. Front row: A.J. de Koning, D.O., John E. Upledger, D.O., O.M.M., Sanno Visser, D.O. Back row: Jan van Dixhoorn, M.D., Ph.D., Maarten Prakken, D.O., Ton Bottema, D.O., Kon Maas, D.O., Paul Ballieux, D.O.

Tiptoe Through the Tulips

The Upledger Institute Europe will be meeting in Amsterdam, Netherlands, this coming June 21-22, 1996, for the Fourth Congress, two days of camaraderie and communication.

The theme of the conference is "Fascia: The Core Structure." Fascia (connective tissue) is the "shop floor" for form, function and movement of the body. Thus the connective tissue plays a role in communication and processing information. Fascia surrounds and supports the internal organs; it also has a connective and protective function. This function is important in determining the final form and function of our healthy and harmonious human existence, and it is also of importance in the manifestation of illness.

After a morning welcome by UIE President A.J. de Koning, participants will be treated to informative presentations by leaders in the European and American healthcare community. Scheduled presentations are:

Friday, June 21

- Elida Boon, Ph.D. - Origin and Development of Fascia Structures
- Roel Van Wijk, Ph.D. - Communicative Aspects of the Fascia
- Joel Alter, D.O. - Clinical Aspects of the Fascia
- John E. Upledger, D.O., O.M.M. - Tissue Memory and Its Relation to Human Health

Saturday, June 22

- Sharon Weiselfish, Ph.D., P.T. - Integrated Systems Approach for Structural and Functional Rehabilitation
- John E. Upledger - CranioSacral Therapy: Recognizing the Body-Mind Connection
- Sharon Weiselfish - Overview of Visceral Manipulation
- Gert Groot Landeweer, D.O. - Me, Myself and I: A Comprehensive Lecture about the Relation Between Fascia and the Psyche

A wrap-up and discussion will close the conference.

If you'd like to attend, Travel Concierge is here to make your travel arrangements. Just give them a call at 1-800-881-0776, Ext. 8904, and they'll take care of the rest!

Advanced CST Class 7/7/95 - Hartford



Kneeling: Arlene Gronningsater, O.T.; Lissa Wheeler, Ms.T. Standing: Hank Meldrum, P.T., O.M.T., Instructor; Kristin Godiksen, P.T.; Barbara LeVan, P.T.; Deborah Stegmaier, P.T.; Melanie Holden, P.T.; Steve Moran, P.T.; Deborah Feiner, P.T.; Marion Eagan, P.T.; Jay Kain, Ph.D., P.T., A.T.C.

Advanced CST Class 3/11/96 - Palm Beach



Front row: Josephine Gianneschi, M.A., D.T.R.; Martien Jonkers, O.T.; Brenda Horn, M.H.S./P.T. Second row: Kim R. Keifrider, P.T.; Elizabeth Coutinho, M.D.; Betty Landis, S.L.P.; Donna M. Soares, L.M.T.; Chas Perry, Ph.D., Instructor. Back row: Penny Kerr Reiss, Ms.T., preceptor; Roger A. Steward, C.M.T.; Joe Cail, C.M.T.; Maureen Sanderson, M.A., M.C.S.P.; Gene M. Miller, A.H.P., preceptor.

CST Certification Program Update

The tide is turning for recognition at the mainstream level of noninvasive approaches to healthcare. One way to encourage recognition for CranioSacral Therapy is through The Upledger Institute CST Certification Program.

The purpose of CranioSacral Therapy certification is to lend credibility to efforts under way to establish CST as a profession and protect the right to practice it, as well as advocate insurance acceptability, state board accreditation, and so on. Certification will advance that ongoing process while enhancing credibility as a CranioSacral Therapy practitioner. Toward that end, UI must maintain documentation that can withstand scrutiny under even the most stringent

standards. A comprehensive testing procedure that unequivocally demonstrates the qualification of CST practitioners will provide evidence to lawmakers considering legislation and regulation of CranioSacral Therapy.

There are two levels of certification, Techniques and Diplomate. Alumni of CSII are eligible for the Techniques level and alumni of Advanced CST and above can certify as Diplomate.

The program now has hundreds of applicants at varying stages of the certification process. Hands-on tests are currently taking place at The Upledger Institute in Palm Beach Gardens and several examiners are on call at varying locations around the U.S. Call 1-800-233-5880, Ext. 8904, for information.

New Courses

The International Alliance of Healthcare Educators' (IAHE) objective is to stay on the cutting edge of bodywork techniques, and we're pleased to announce the development of several new courses that reflect the ongoing effort to fine tune your skills. If you've had the joy of working with children, of making a difference in their lives on any level, you'll especially appreciate **CranioSacral Therapy for Pediatrics (CSP)**.

CSP is a four-day, hands-on workshop developed and initially to be taught by Dr. Upledger. The course material focuses on the issues that are unique to newborns, infants and children when applying CranioSacral Therapy, energy cyst release and SomatoEmotional ReleaseSM, or using imagery and dialogue.

As you can imagine, it will not be feasible to provide a number of newborns and infants for the practice sessions; therefore, we will have to deviate somewhat from the usual lecture/demonstration/practice format. The first two days will be largely lecture, demonstration and discussion; the third day practicing on children under close supervision; and the final day offering a symposium format, with newborns and children treated individually by Dr. Upledger as a class demonstration.

SERI is a prerequisite. The first course is scheduled to be held **October 31-November 3, 1996**, in Palm Beach.

Another new workshop is **Therapeutic Imagery & Dialogue (TIDI)**. This is a three-day course developed by Dr. Russell Bourne, Jr. Russell holds a Ph.D. from the University of Virginia, has 20 years of clinical experience and is Chief of Staff of The Upledger Institute HealthPlex Clinical Services. This course explores the powerful role of communication from the body-mind-spirit dimension. It's designed to teach participants intervention techniques and enhanced dialoguing skills that will encourage health. When used in conjunction with the CranioSacral Therapy and SomatoEmotional Release processes, these particular imagery

and dialogue techniques can substantially enhance the effects achieved. Says Dr. Upledger, "If you are the kind of therapist/facilitator who ventures beyond structural therapy, you'll find Russell's sharing of techniques and experiences highly valuable. I recommend this workshop to all serious students of advanced work that requires therapeutic imagery and dialogue."

We have the first TIDI class scheduled for **July 12-14, 1996**, in Palm Beach and a second course tentatively scheduled for **August 16-18, 1996**, in San Francisco.

Subtle Energy as a Therapeutic Instrument (SETI) is a three-day workshop developed by Paal Rieber, N.D., and Ingegerd Lorange, P.T., of Norway, who will present this course. Through lecture, demonstration and hands-on practice, the course seeks to move participants toward understanding and developing the therapeutic touch skills necessary to use subtle energies in therapy. The focus is on brain and spinal cord energies, balancing the magnetic and gravity fields in the human body, the four

layers of the etheric and psychic streams and how to use etheric lymph massage to dissolve memory blocks held in the body.

CSII is a prerequisite. The course will be held **September 27-29, 1996**, in Palm Beach.

The Brain Speaks (TBS) is another four-day workshop developed by Dr. Upledger and scheduled to be taught by him. The focus is on exploring and realizing the potential for communicating with another person's brain — its subdivisions, structural components and individual neurons. The concept is founded on the hypothesis that every organ, tissue and cell in a living being has its own consciousness (our efforts to communicate are based on this premise). TBS will guide participants into imagery and dialogue with specific brain and spinal cord parts and their functional units. As such, clinical observations are favored over hard scientific data. This may necessitate slight deviation from the usual lecture/demonstration/practice format, though it will be followed as closely as possible.

SERII is a prerequisite. This course will be held **December 12-15, 1996**, in Palm Beach.

Advanced CST Class Palm Beach 12/4/95



Front: Kristine Roy, P.T.; Sabine Gerhardy, N.D.; Dayle Shiverick, P.T., M.S.; Dan Phelps, L.M.T.; Roxanne Rhodes, Ms.T.; Robert Holway, L.M.T. Back: Mary Louise Chlebina-Anastasakis, M.S.W.; Tanya Tarail, Ms.T., P.T.; Chas Perry, Ph.D., Instructor; Channah Schafer, M.S.W. Not pictured: Steve Hillyer, P.A.; Stan Gerome, preceptor.

Advanced CST Palm Beach 10/9/95

(Picture not available) Joan Adelsky, P.T.; Sandra Bontemps, M.T., D.C.; Brett Connor, L.M.T.; Susan Costa, C.M.T.; Roy Desjarlais, L.M.T.; Marianne Fruhmann; Anne Hammel, C.A.T.; Carolyn Liarakos, C.M.T.; Antonio Magrin; Chas Perry, Ph.D., Instructor; Carol Siciliano, Ph.D., Ms.T.; Candice Strack, O.T.R./L.

National Zero Balancing® Conference

ENERGY AND STRUCTURE: The Future of Touch will be the theme for the National Zero Balancing Association Conference July 27 & 28, 1996, at the Baltimore Holistic Health Center, Baltimore, Maryland.

Robert M. Duggan, M.Ac.(UK), Dipl.Ac.(NCCA) and Alan Hext, B.Ac.(UK) will join Fritz Smith, M.D., D.O., M.Ac.(UK), F.C.C.Ac. in presenting perceptive, informative talks, interspersed with workshops, exhibits, Touch Feedback and sample ZBs (mini-sessions by certified ZB practitioners).

Workshops include:

- Touching the Energy with Jim McCormick
- Touching the Body, Touching Emotions: Acupuncture and Zero

Balancing with Vicki Pollard and Howard Evans

- Zero Balancing and Bodyworkers with Tom Jerome
- Yoga Workshop with Tim Gregory
- Animal Bodywork with Elliot Abhau, Cyrie Barnes, Tassy Brumgardt and Bruce Henn
- The Hip with Kelly Russell
- QiGong with Chan Zhang
- Putting Soul Back into Bodywork with David Lauterstein
- Fulcrums into the Community with Joyce Warner

A drumming session (BYO instrument)
Sunday morning is juxtaposed to an afternoon performance by the Baltimore String

Quartet! Finally, a panel discussion late Sunday afternoon should inspire insightful investigation into how "The Future is in Our Hands."

Saturday evening will feature a dinner dance and graduation ceremony honoring the graduates of the second ZB Teacher Training Program and ZB Practitioner Certification Program at the Turf Valley Country Club (seating limited).

Zero Balancing students, certified ZB practitioners, faculty, the new graduating class of teachers, families, friends and members of the complementary healing community will be there to meet and greet each other.

Call IAHE, 1-800-311-9204, Ext. 8904, for more information.

Political Corner

Your Efforts Make a Difference

As complementary methods of healthcare become more and more visible, the regulation of them begins taking shape. People with the power to enact governing laws may be uninformed about the safety and efficacy of new techniques. In this column, we bring to your attention issues affecting licensing and Continuing Education Units (CEU). We believe our techniques are safe and effective, but convincing regulators can sometimes be a challenge. We'd like your help in solving problems encountered with licensing and regulatory agencies — as well as identifying specific examples of successful applications.

It behooves all practitioners to become active and communicate their experiences and opinions so that decisionmakers have the positive reinforcement they need to give their stamp of approval to new techniques that offer pain relief.

In Michigan, the Board of Chiropractic has denied CEU approval for Integrative Manual Therapy for the Shoulder, Thoracic



Outlet and Upper Quadrants and Integrative Manual Therapy for the Low Back and Lower Quadrants as being unrelated to the diagnosis and treatment of vertebral subluxation complex.

If you believe the above action should be reviewed again, please let us know. Just take a moment to describe your experiences in using the techniques and send or fax to the attention of:

Arlene Canini,

International Alliance of
Healthcare Educators,

11211 Prosperity Farms Road, D-325
Palm Beach Gardens, Florida 33410

Fax: 407-622-4771.

Let's make a difference!

Beyond the Dura '97

The sand hasn't even been brushed off from the *Beyond the Dura '95* research conference in Curaçao, and The Upledger Foundation is already looking forward to the next conference! Responding to years of requests to hold the biannual *Beyond the Dura* research conference on the West Coast, we're happy to announce *Beyond the Dura '97* will take place in San Diego, California, October 22-26, 1997.

One focus of the conference will be sharing clinical experiences. The Foundation would like to invite submissions for prospective presentations. If you or someone you know would like to give a presentation in San Diego reflecting clinical experiences, please provide a general overview of the talk for consideration by Dr. Upledger.

The Foundation looks forward to hearing from you. Send submissions to: BTD Coordinator, Upledger Foundation, 11211 Prosperity Farms Road, D-325, Palm Beach Gardens, FL 33410-3487, or fax to 407-622-4771.

We're Glad Debbie's Back!

She had us scared there for a while, but we're delighted to report that Debbie Harrison is well on her way to recovery from a bout with spinal meningitis. Debbie, an L.M.T. and Director of the Spinal Release curriculum, became ill and lapsed into a coma for three days while her family, friends and colleagues prayed and meditated for her recovery. Being bacterial SM, a volatile strain of this very serious disease, it was touch and go for awhile.

Debbie reports that while she can't remember the critical time of her illness, as she recovered she was touched and strengthened

by the outpouring of love and support from her many friends and colleagues at The Upledger Institute and Dialogues in Contemporary Rehabilitation (DCR) in West Hartford, Connecticut. She feels sure that CranioSacral Therapy and the 10-Step Protocol used to help her heal from spinal fibrosis was central to her recovery, as was the manual and CranioSacral Therapy provided by Sharon Weiselfish, Frank Lowen and the staff at Regional Physical Therapy (RPT), which has eliminated her need for seizure medication.

Debbie is philosophical about her ordeal:

"It was interesting from a therapist's perspective to experience on a first-hand basis the changes from the inside out. In the end, it proved a valuable experience, and an excellent case study for the neural mobilization course being developed by Sharon Weiselfish and Frank Lowen. They could feel and sense a traumatized brain and glean vital information."

What now? Debbie will be permanently relocating to West Hartford and RPT, a move she says was prompted by her illness. "I'm excited to get on with the work and be of some service. I want to let everyone know how much I love and appreciate their help."

Get Packing With Travel Concierge



You may already know that Travel Concierge offers complete meeting planning: organizing seminars, meetings and conventions. But did you know they're also a full-service travel agency open to the public for the full spectrum of travel arrangements and planning of social events?

Travel Concierge will cheerfully handle both independent vacations and hosted tours: packages to Disney World, the Grand Ole Opry, gambling in Mississippi, the Olympics, Europe and the Far East, for example. No booking is too small or too large! Call 1-800-881-0776, Ext. 8904, for brochures and information. You can also visit them on the Internet at <http://tc-travel.com>.

Their friendly social coordinators specialize in planning that unforgettable event, from a wedding or family reunion to a business meeting. They'll find the ideal location for the event plus save you money by negotiating the lowest rate for the meeting and sleeping rooms. This

service is not just limited to events; if you have family or friends coming to visit you, have them make their airline and hotel reservations through Travel Concierge for a better rate than they would get on their own — maybe even an upgrade!

So let Travel Concierge do the work. All you'll have to do is send postcards saying, "Wish you were here!"



Kudos to Jim Green

Please join us in congratulating Jim Green, L.M.T., on reaching an impressive milestone — teaching his 100th class. Jim has been an Instructor of CranioSacral Therapy I with The Upledger Institute since 1990 and CranioSacral Therapy II since 1992. In addition to his private practice, Jim is a staff therapist in The Upledger Institute HealthPlex Intensive Programs.

We're proud of Jim as he reaches the 100-class mark — here's to his teaching 100 more!



Barbara Chang on National TV

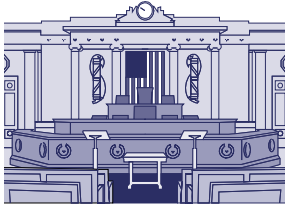
America's Talking about CranioSacral Therapy! Barbara Chang, C.M.T., recently appeared on *Alive & Wellness*, a daily talk show on the *America's Talking* network. Owned by NBC, the network boasts 22 million viewers. *Alive and Wellness* showcases the latest in innovative body-oriented health-care modalities. The show, hosted by Carol Martin, has guests discuss and demonstrate various techniques. Audience members are encouraged to take part in the discussion, and a phone-in line invites the public to share their thoughts and questions.

Barbara explained the basics of CST and demonstrated the therapy on a client. Using a piece of plastic wrap to illustrate the fascial system, she showed how the light touch therapy of CST enables the practitioner to pinpoint restrictions in the body and promote a release. She stressed the concept that the CST practitioner facilitates the body's own inherent mechanism to heal itself.

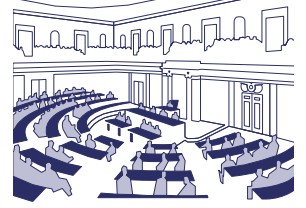
Barbara was such a hit that the show asked her to return, and she appeared again recently. Have we a star in the making?

Great job, Barbara!

Access to Medical Treatment Act



S-1035 - Sponsored by Senator Tom Daschle
HR-2019 - Sponsored by Congressman Peter DeFazio



We need your support for the medical freedom bill being introduced to Congress. This is the first major piece of federal legislation specifically addressing access to alternative and complementary therapies, and the importance of this bill cannot be overstated. The bill has sponsors in both the Senate and the House of Representatives. In describing his support for the bill, Senator Daschle stated, "Our current healthcare delivery system actually discourages rather than encourages the development of alternative therapies that could effectively treat illnesses that often do not respond well, if at all, to conventional medicine."

As a healthcare practitioner specializing in what is viewed as a form of alternative medicine, this act could have an impact on your professional practice. We've included a summary of the Act for your review. We're confident that after reading the Act summary, you'll feel compelled to help support it.

HOW CAN YOU HELP?

It's as simple as hand-writing three letters — one to each of your U.S. Senators and one to your U.S. Representative. You're encouraged to hand-write the letters — we're told that handwritten letters receive more attention. As elected officials, your Senators and Representatives are sensitive to the issues that are important to you.

WHO SHOULD YOU SEND IT TO?

If you don't know the names of your Congressional representatives, look in your local telephone book — you should find a Federal Government section that will list their names. Their addresses will be as follows:

The Honorable _____
(full name)

United States Senate

Washington, DC 20510

The Honorable _____
(full name)

United States House of Representatives

Washington, DC 20515

WHAT SHOULD YOU WRITE?

Let them know that you are writing as one of their constituents and that you are asking for their support and strongly urge them to co-sponsor the Access to Medical Treatment Act. It's important that you reference the bill number — in the Senate the bill number is S-1035 and in the House of Representatives the bill number is HR-2019. Be sure to include your full name, your address and, most importantly, sign your letter.

WHAT ELSE CAN YOU DO TO SUPPORT THE ACT?

Pass this information about the Act on to your patients/clients, friends and family. Encourage them to write letters to their Congressional representatives. It is through the efforts of many people that this important legislation will be enacted, broadening our healthcare choices.

ACT SUMMARY

THE PROBLEM:

The United States has the best medicine in the world, and the Food and Drug Administration plays an essential role in evaluating the safety and efficacy of medical treatments. However, the current healthcare delivery system serves to discourage the development and utilization of alternative medical treatments

that may have untold potential.

The time and expense currently required to gain FDA approval of a treatment works to limit participation in this system to large pharmaceutical companies. It makes it difficult to take advantage of the potentially innovative contributions of individual practitioners, scientists, smaller companies and others who do not have the financial resources to complete the FDA approval process. It also serves to prevent low-cost treatments from gaining access to the market.

Therefore, it makes sense to consider opening up the system to alternative treatments that may help patients/clients and are not proven harmful under certain carefully circumscribed conditions.

THE PROPOSAL:

This legislation would allow an individual to be treated by any licensed healthcare practitioner with any method of medical treatment the individual desires, so long as: (1) there is no basis to conclude that the treatment would be dangerous to the individual and (2) the patient is fully informed of its side effects. The bill also strictly regulates the circumstances under which claims can be made with respect to the efficacy of a treatment.

FDA's ROLE WOULD NOT BE CHANGED

The Access to Medical Treatment Act would not dismantle or appreciably change the current operations of the FDA or the conventional medical community. The FDA would still have responsibility for certifying treatments as safe and effective. This legislation merely attempts to open up the system to the

Continued on page 10

A Message from Dr. John

The Access to Medical Treatment Act is largely the result of determined efforts by Berkley Bedell. I met Berkley when we were both members of the Advisory Council with the National Institutes of Health, Office of Alternative Medicine. Berkley and I soon developed a solid friendship and mutual respect based on trust.

Berkley has taken on the job of helping to restore the rights of the individual to choose his/her own healthcare modalities because he has been "through it." He knows what it is like to be unsuccessfully treated by our nation's "approved" and conventional healthcare methods. He knows what it is like to confront death face to face because he had cancer. He knows what it is like to suffer disability from a disease (Lyme) that did not respond to "approved" and conventional treatments. In each of these instances he discovered what it was like to seek (in desperation) alternative, unapproved, underground and prohibited treatments.

In order to save his life from cancer, Berkley went to Mexico to get medicine for a treatment that was developed in Canada. He then had to learn to give himself shots of the medicine in the groin, because no medical doctor could give him the shots due to our paternalistic, restrictive laws and regulations on medical treatments. For his Lyme disease, he had to have special medicine made from the whey from cow's milk, a medicine that is illegal because of these same laws and regulations. Berkley says it was worth it, as he is alive and well at age 75 with all tests showing that he is free of the cancer and Lyme disease



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

***If you agree
that people should have
the right to make
their own decisions
about their own health...
please let your
federal legislators
know your feelings.***

that threatened him eight years ago.

He is committed to getting our laws changed so that people will have the freedom to choose whatever treatment they want without having to go to Mexico, or Canada, or Germany, and practitioners will be free to administer whatever treatment they believe is in the best interests of the patient without being threatened by the government.

If you agree that people should have the right to make their own decisions about their own health, rather than having the government mandate those decisions for them, please let your federal legislators know your feelings. I believe we all have the right to pursue the healthiest and happiest life possible. I also believe that we are all different biochemically, physiologically and psychoemotionally. I absolutely know that "Big Brother" does not have all the answers for the attainment of maximal health for each of us. And Big Brother certainly does not have the right to regulate the methods by which each of us strives to reach our full health potential. Please write your Senators and Representatives and let them know that as your representatives in government, you want them to support Berkley Bedell's Access to Medical Treatment Act, S-1035 in the Senate and HR-2019 in the House of Representatives.

Thanks,

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

P.S. Berkley Bedell is a great guy.

A Conversation With Berkley Bedell

The Access to Medical Treatment Act, a bill proposing freedom of choice in administering and receiving medical care, is before Congress, sponsored by Senator Tom Daschle, D-South Dakota, and Congressman Peter DeFazio, D-Oregon. Berkley Bedell, former U.S. Congressman from Iowa, was instrumental in writing the legislation and gaining support of this significant piece of legislation. Connection spoke with Mr. Bedell about his efforts:

Connection: *You were instrumental in writing this legislation and gaining support. What motivated you to put your attention to this?*

Mr. Bedell: It starts with the fact that I believe alternative treatments were effective in curing me of Lyme disease and prostate cancer after conventional treatments appeared not to be effective for me. After attempts using surgery and radiation for my prostate cancer and heavy antibiotics for Lyme disease failed, I turned to alternative treatments that, in fact, worked.

C: *What are you trying to accomplish by getting the bill instituted?*

BB: The issue here is whether informed people should have the right to make their own decisions in medicine, as they are in almost every other area of society, or whether the government should make those decisions for them. I believe the people are better able, and have a right, to make their own decisions about such personal matters. The current situation is that the government tells people in the United States what they can and cannot do with respect to what medical treatments they can get.

C: *Would this be cost-effective for the government?*

BB: It would save the government money in that, at this time, because the process of getting approval from the FDA is long, arduous



Berkley Bedell

and expensive, medicines and treatments tend to be very expensive so the producer can recoup the costs. This cost is passed on to governmental healthcare programs such as Medicaid, not to mention the cost to consumers.

It costs about 100 million dollars and takes a decade or more to go through the FDA approval process to get permission to distribute a medicine. I contend that this eliminates any nonpatentable medicines and eliminates many low-cost, effective treatments because of the tremendous costs.

The Act will make it possible for these nontoxic, nonpatentable medicines to be tried in limited circumstances, giving access to people who might not otherwise have the financial and/or logistical ability to seek out complementary care that might prove to be more effective. Many alternative treatments are much less costly than conventional treatments, and a movement making them more readily available would provide needed care to people without sufficient resources to seek it out.

C: *How will the Act affect complementary bodywork techniques and massage?*

BB: The FDA considers anything that is used for the treatment of disease to be under their control, and as such, state medical board authorities resist giving credence to therapies without FDA approval. The intent of this legislation is to eliminate harassment by uninformed "experts" with too wide a scope of authority over many bodywork practitioners.

C: *Might this cause people to avoid conventional treatments?*

BB: If a conventional treatment is safe and effective, people will certainly continue to use it. But the major reason people are turning to alternative treatment is that conventional treatments for many health problems are simply not as effective as would be hoped.

C: *How does the Act affect insurance coverage?*

BB: The Act does not speak to insurance coverage in the short run. But as insurance companies see that alternative treatments prove to be less costly and frequently more effective, there is a slow movement toward coverage of alternative treatments. The Act's intent here is, if we can find treatments that are less costly and more effective and show that they are, over time, insurance companies will move toward providing coverage.

C: *Is this really going to come about?*

BB: The chances of the Act being passed are completely up to the people. With all the backlog of legislation being addressed today, Congress is not likely to pass any bills of this type unless the message comes through loud and clear from the people that they want this freedom. People need to become active and let their legislators know in no uncertain terms that this is what they want.

Continued from page 8

utilization of certain new alternative treatments. The claims restriction in the bill is designed to remove incentive for major marketing efforts of non-FDA approved treatments, and should address the legitimate concern that this legislation could inadvertently become a "bypass" for the FDA approval process.

CONSUMER PROTECTIONS ARE AN ESSENTIAL ELEMENT OF THE BILL

The bill contains several important protections to address the issue of consumer safety. In addition to the claims restriction, these protections include strict informed consent requirements, and a stipulation that treatments administered under this legislation may not pose a danger to the patient.

THIS IS A FREEDOM OF CHOICE ISSUE

Freedom of choice is one of the bedrock principles upon which our nation rests. Permitting administration of alternative medical treatments, provided that individuals are not misled or misinformed, extends freedom of choice to the realm of medicine. This legislation stems from the conviction that an individual suffering from a life-threatening or otherwise serious disease for which conventional medicine offers limited hope should not be denied access to a non-conventional treatment if there is reason to believe that it might be beneficial.

An individual shall have the right to be treated with any method of medical treatment that he or she desires, so long as the following conditions are met:

- The practitioner has personally examined the patient.
- The administration of the treatment does not violate licensing laws.
- There is no reasonable basis to conclude that the treatment poses an unreasonable and significant risk of danger to the patient.
- The patient has been informed in

writing of the nature of the treatment, including side effects and any other information necessary to meet FDA informed consent requirements.

- The patient has been informed in writing of the fact that the treatment has not been declared safe and effective by the federal government, and has signed a written statement indicating that he or she has been made aware of this information.
- Any label on the treatment is not false or misleading.
- No advertising claims have been made with respect to the efficacy of the treatment, except for accurate and truthful reporting by a practitioner of the results of his or her administration of a treatment.

Practitioners must report the nature and results of any treatment found to be dangerous to the Secretary of Health and Human Services.

The Secretary of Health and Human Services must properly disseminate this information.

Practitioners must report the nature and results of any treatment found to have a positive effect (significantly greater than the positive effect expected from a conventional treatment) on life-threatening medical conditions to the Office of Alternative Medicine.

A treatment may be produced and introduced or delivered into interstate commerce for use in accordance with this Act, as long as there have been no advertising claims made by the manufacturer, distributor or seller.

A practitioner, manufacturer, distributor or other seller may not violate any provision of the Controlled Substances Act in the provision of treatments in accordance with this Act.

A healthcare practitioner who knowingly violates any provisions of this Act shall not be covered by the protections of this Act and shall be subject to all other applicable laws and regulations.

Access to Medical Treatment Act (HR 2019 / S 1035) Co-sponsors as of 4/1/96

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Introducing *A BRAIN IS BORN*

*A new book by John E. Upledger, D.O., O.M.M.
Illustrated by Alice Quaid, P.T.*

This is a book about the birth, development, functions and dysfunctions of the brain and spinal cord, which is really an extension of the brain. It is written as simply as possible so that a very complex subject is made easier. The information is presented so that regardless of background, the reader will gain some comprehension of the processes, structures and functions described. It is not necessary for the reader to understand the most complex aspects of the material in order to understand the less detailed concepts and develop an appreciation of what a central nervous system is, what its components are, what they do and how they got there.

The development of the brain and spinal cord is taken from the beginning, from the time that the egg is fertilized by the sperm. The origins of eggs and sperm are considered as well as the trials and tribulations that they must go through in order for sperm to reach the egg and for the fertilized egg to reach a rich uterine lining which will support the growth and development of a child over the ensuing nine months.

There are simply explained descriptions of problems that may influence brain and spinal cord development in each of the initial eight weeks of the pregnancy and then on a monthly basis until delivery. Typical and atypical

deliveries are described as are the insults and injuries that may occur to the newborn during the delivery process.

Next, Dr. Upledger describes an array of simple physical examination tests that can be used to determine the status of the newborn's central and, to some extent, the peripheral nervous system. Also, an inventory of brain parts and what they do is presented in alphabetical order. This is followed by a consideration of some (not all) of the diseases that more commonly affect the brain and spinal cord.

The final section of *A Brain is Born* is a discussion of treatment methods with special focus on CranioSacral Therapy and its related therapeutic approaches. The entire book is written through Dr. Upledger's eyes, which have a definite CranioSacral Therapist's tint in their lenses.

This book crosses the boundaries into the disciplines of embryology, obstetrics, pediatrics and neurology as well as CranioSacral Therapy. It is written for parents and loved ones of brain and spinal cord dysfunctioning persons as well as for the healthcare professionals that work with these people.

A Brain is Born is recommended reading for therapists who are taking Dr. Upledger's new seminars: CranioSacral Therapy for Pediatrics

Tom Giammatteo Appointed Curriculum Director

Tom Giammatteo, P.T., D.C., has been named the U.S. Curriculum Director for Mechanical Link (ML) by course developer Paul Chaffour, D.O. Tom was a major contributor to the design, content and graphics of the MLI and II Study Guides, and will be instructing MLI in the future. Watch for his first courses in Hartford, CT, January 30-February 2 and June 5-8, 1997.

In addition to his responsibilities with ML, Tom is a therapist at The Upledger Institute HealthPlex Clinical Services. He's developed an eclectic approach, incorporating CranioSacral Therapy with other manual techniques such as Muscle Energy, Strain/CounterStrain and Visceral Manipulation. "My approach to patient care is to facilitate the patient's awareness of his or her restrictions in life, which can be structural, spiritual or emotional, and to enhance his or her process in releasing those limitations. It's fulfilling to be a part of someone's experience with new-found freedom," says Tom.

This summer, he'll be a volunteer physician for the Olympic cycling team as well as providing emergency care for other teams.

Join us in congratulating Tom on his newest endeavor as ML Curriculum Director and many other accomplishments!

Clinical Affiliations

In response to numerous clinics worldwide that have expressed interest in affiliating with The Upledger Institute HealthPlex Clinical Services, UI HealthPlex is investigating the establishment of UI-affiliated satellite clinics for referrals and followup care to UI HealthPlex Intensive Programs. They'll offer their name, supervision of programs and referrals. They also hope to make these locations sites for CranioSacral Therapy certification testing, sponsorship of seminars and study groups.

Employee Spotlight — Seminar Administration Reception

How May I Direct Your Call?

That's the cheerful greeting you hear when you call the International Alliance of Healthcare Educators (IAHE), The Upledger Institute, St. John Neuromuscular Pain Relief Institute or Travel Concierge. It's one of our congenial receptionists, ever ready to connect you to your party.

Meet the smiling faces behind the cheerful voices.

At the helm is Office Administrator and Reception Director Jennifer Ruby, better known as "Office Mom." She's often seen painstakingly organizing all those office functions that help the rest of us do our jobs more

easily and conveniently. Her closet of "hats" is bursting at the seams; one minute she's ordering office supplies and stocking the cabinet. Next you'll find her up on a ladder turning screws or sitting on the floor assembling furniture — she's even occasionally our emergency plumber! — making sure all facets of the office are operating smoothly. Her tasks keep her running — and always with a smile.

During her leisure time, Jen stays busy as well, creating a variety of country crafts. Of late, she's taken up tole painting, which is painting decorative designs on wood crafts. "I'll



*Front: Jennifer Ruby, Kim Pratt.
Back: Kelly Arthurs, Margie Gaylor.*

soon have to add on to my house to hold them all!" she laments.

Kim Pratt, our primary receptionist, directs literally hundreds of calls every day, but is always ready and willing to help out with those important jobs that no one has time to do, like stuffing envelopes or assembling name tags. Kim stays busy at home chasing after her pet pot-bellied pig, Porkchop; his exploits keep us entertained. With a name like that, we're hoping Porkchop minds his p's and q's.

Margie Gaylor and Kelly Arthurs, Administrative Assistants, readily man (person?) the phones when the switchboard starts lighting up like a Christmas tree! Margie and Kelly recently came on board, and we're glad to welcome them.

Together, the Reception staff help us all get our work done and keep us happy. It's a big job, and they do it well.

Advanced CST Class 10/16/95 - Maui



Front row: Suzanne Baron Lingo, O.T.; Blanche Asagi, M.T.; Sherri Stair, O.T.R.; Pamela Sheffield, L.M.T.; Ben McClung, L.P.N. Back row: Athalie Sage, D.O.; Jack Burke, N.D.; Marie-Claude Wacker Gullivan, preceptor; Chas Perry, Ph.D., Instructor; Glenn Thering, L.M.T.; Carol Fisher Short, L.M.T.; Gene Okita, L.M.T.; John Worcester, L.M.T.; preceptor.

Advanced CST Class II 2/26/96 - Palm Beach



Front row: Ania Stang, L.M.T.; Diane Sandler, L.A.C., O.M.D.; Signy Erickson, D.C.; Nina Chernick, B.A., R.M.T.; Alanna McLean, R.P.T., M.S. Center: Debbie Smith, P.T., preceptor; Leah Matalon; Susan Harris, Ms. T. Back row: David Young, C.M.T.; John Upledger, D.O., O.M.M., Instructor; Gary Keeling, P.T.; Brian Calderon, C.M.T. Not pictured: Jennifer Absey, R.N., Ms.T., preceptor.

New Products

Aligning Your Body the Feldenkrais Way

Stop for a minute to consider the way you move. Chances are, you seldom give much thought to how you move, bend or lift. Yet correct body motions are important to maintaining overall good health.

The Feldenkrais® Method is a series of body movements developed by Moshe Feldenkrais, Ph.D. (physics), that encourages the natural way to move — the way we did as children. Now, Eileen Bach-y-Rita, who has studied and practiced this method for well over a decade, has created a series of cassette tapes that

Upcoming Conventions – Speaking Engagements

6/12-16/96	Fourth Intl. Congress on Psycho-Corporeal Therapies Judith Aston – “Aston Concepts”	Boston, MA
6/12/96	John E. Upledger, D.O., O.M.M. – “CranioSacral Therapy: The Symbiotic Pathway to the Enhancement of Brain Function”	Oslo, Norway
6/15/96	Rehab Training Network Teleconference Sharon Weiselfish, Ph.D., P.T. – “Addressing Biomechanical Dysfunction of the Pelvic Joints with Integrated Manual Therapy, Emphasizing Muscle Energy Technique”	*
6/21-22/96	Upledger Institute Europe Fourth Congress Various Speakers – Theme: “Fascia: The Core Structure.”	Amsterdam, Netherlands
6/28/96	American Holistic Nurses Association National Conference Paul St. John, L.M.T., & Michelle Brody, R.N., L.M.T., C.N.M.T. – “Achieving Homeostasis in People with Chronic Pain”	St. Louis, MO
7/10-14/96	Florida State Massage Therapy Association State Conference Paul St. John	Daytona, FL
7/13-14/96	American Oriental Bodywork Therapies Association Fritz Smith, M.D., D.O., M.Ac. (UK), F.C.C.Ac. – “The Relationship of Body Energy to Body Structure”	Chicago, IL
7/20/96	Rehab Training Network Teleconference Paul St. John	*
7/24/96	1996 Int'l. Myomassologists Federation Convention Doug Nelson – “A Call to Arms: Treating Arm, Hand and Repetitive Stress Injuries”	Detroit, MI
7/27-28/96	Zero Balancing National Conference	Baltimore, MD
8/19-23/96	Paul St. John – “NMT and the Healing Process”	Rhinebeck, NY
9/7/96	Aveda Rejuvenation Congress Festival John E. Upledger – Topic TBA	Long Beach, CA
9/21/96	Rehab Training Network Teleconference John E. Upledger – “CranioSacral Therapy: Recognizing the Body-Mind Continuum”	*
9/22/96	Aquatic Therapy Symposium John E. Upledger – “Body Energy Systems”	Washington, D.C.

Listings are subject to change.

*Rehab Training Network (RTN) is an information infrastructure dedicated to the professional advancement of rehabilitation service providers. Each month, RTN produces a five-hour workshop on a specific rehabilitation topic. These comprehensive, interactive workshops are broadcast live via satellite to your work place and give your staff access to new theories, rationales, protocols and procedures. An annual subscription is available for each location; the number of attendees is up to you. For subscription information, call 1-800-826-3510.

Cave Creek, AZ

Gil Seifer, Nan Woodward
(602-488-5934)
CSI, CSII, SERI, SERII

Berkeley, CA

Lorna Skrine (510-525-4825)
CSI, CSII, SERI, SERII

El Cerrito, CA

(East Bay, northern California area)
Nancy Burke (510-526-0115)
CSI, CSII, SERI, ADV

Santa Rosa, CA

Phillip Henderson (707-538-0710)
CSI, CSII, SERI, SERII, ADV, ADVII

Ventura County, CA

Tricia Fortina (805-933-1023)
CSI, CSII, SERI, SERII, ADV

Aventura, FL (North Dade area)

Stuart Berger (305-937-2281)
Harvey Grossbard
CSI, CSII, SERI, SERII

Jacksonville, FL

David Dolan and Paul Cornelissens
Contact: Nancy Rochester (904-249-7766)
CSI, CSII, SERI, SERII, ADV

Orlando, FL

Cynthia Christy (407-648-1791)
NMT 1, 2, 3, CSI, CSII

Tampa, FL

Lloyd Fisher (813-949-1810)
NMT 1-5

Hadley, MA (Western Mass.)

Candice Strack (413-256-8882)
Pat Joyce (413-253-0775)
CSI, CSII, SERI, SERII, ADV

Hanover, MA

Dorinda Galbraith (617-982-2654)
VMIA, VMIB, VMII, PIVM, ADVDM,
ADVMII

Woburn, MA

Tom McDonough (617-935-4337)
CSI

Worcester, MA

Illona Brossman-McIntire
(508-791-6351, ext. 108)
CSI, CSII, SERI, SERII

Cape May, NJ

Linda Foster (609-886-3145)
CSI, CSII

New York City, NY

Barbara Chang (212-242-1432)
CSI, CSII, SERI, VMIA

New York City, NY

Kenneth I. Frey
(212-751-2693 or 212-785-0385)
CSI, CSII, VM

Northport, NY

Gil Seifer, Nan Woodward
(516-757-3593)
CSI, CSII, SERI, SERII

Columbus, OH

Robert Holway (614-857-1096)
CSI

Allentown, PA

Laura Pudloski (610-691-1915) and
Nancy Porambo (717-325-9477)
NMT 3 - 6/30/96
NMT 4 - 9/29/96
NMT 5 - 12/15/96

King of Prussia, PA

Zora Natanblut (610-989-1777)
CSI, CSII

Philadelphia, PA

Dinnie Pearson (215-923-1632)
CSI, CSII

Providence, RI

Susan Steiner and Martine Rini
(401-789-4940)
CSI, CSII, SERI, SERII, FM

Charlottesville, VA

Judith Sullivan Felton (804-296-4160)
CSI

Buckley, WA (western Washington)

John O'Brien, P.A.-C. (206-802-0160)
CSI and CSII

Seattle, WA

Carol Kennedy (206-633-4975)
Janet Dockery (206-784-4498)
John Myers
CSI

Study Groups

Ongoing study groups are a great way to keep your training fresh and enhance your technique while you network with colleagues and make friends. Groups listed include all modalities. Contact names and phone numbers are listed here.

Please let us know about other ongoing study groups. Call Jeri Stinson at 1-800-311-9204, ext. 319. Also, to help keep us up-to-date, please let us know about any changes in your group.
Thanks!

Lakewood, NJ

Mark Lynch, D.C. (908-364-0882)
CSI, CSII, SERI

Madison, NJ

Peg Dougherty (201-822-3110)
CSI, CSII

Bayside, NY

Diann Petralia (718-224-3866)
NMT 1-3

1996 IAHP Directory

It's arrived! The new IAHP directory is now available, and by joining the International Association of Healthcare Practitioners, you'll receive your copy free! Additional copies can be ordered for \$5 plus \$2 shipping. Call 1-800-311-9204, Ext. 8904, to order, or return the application to register your membership in IAHP.

IAHP offers several levels of membership with increasingly valuable benefits:

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Member Level	Cost	Assoc. Member	Free Directory	Association Newsletter	Product Coupons	or	Tuition Vouchers	Advertising Credit	Clinical Precept
A	1 year	Yes	Yes	Yes	0	or	0	0	0
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	5 year	Yes	Yes	Yes	(5x) 15% off*	or	\$125*	0	0
C	1 year	Yes	Yes	Yes	25% off	or	\$50 off	\$30	\$30
	5 year	Yes	Yes	Yes	(5x) 25% off**	or	\$250**	\$150	\$150

Level A	1-year membership \$25	5-year membership \$100 (a \$25 savings)
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Five-year members receive certificates suitable for framing.

*This membership includes your choice of a total of five tuition vouchers (\$25 each) and/or select product coupons (15% off).

**This membership includes your choice of a total of five tuition vouchers (\$50 each) and/or select product coupons (25% off).

Membership Form—International Association of Healthcare Practitioners

Mail to: IAHP, 11211 Prosperity Farms Road, D-325, Palm Beach Gardens, FL 33410-3487, or fax credit card order to: 407-622-4771

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Classified Ads

Study group facilitation and tutoring for CSI, II and SER. Reasonable rates. San Francisco Bay area. Nancy (510) 526-0115

Seeking motivated alumnus of St. John Method of NMT and/or CranioSacral Therapy to receive referrals and build a practice in progressive holistic health center with two naturopathic physicians and massage therapists in scenic NW Connecticut. Send vita/resume to Robert M. Murphy, N.D., 118 Migeon Ave., Torrington, CT 06790.

HAVING FUN YET with INSURANCE BILLING? Call the massage therapy billing experts for Guides, Kits, Software & Services. Parker Billing, 303-840-7500

Somatic Educator/Therapist (Dr. of Education, Master of Science [Exercise Physiology], LMT) with American citizenship, seeking return to and full-time position in U.S. Experienced, licensed and certified to practice and teach Cardiac Rehab.; Exer. Prescrp.; Curriculum Design; Swedish, Infant & Sport Massage; Shiatsu Ohashi; Soft-Tissue Manipulation; Trigger Point; Reflexology; also trained in CSI, CSII, Muscle Energy, Strain/Counterstrain. Fax 24 hours or telephone between 2-5 p.m., Eastern Time (US): 011 972 7 952 238 or write Dr. Marta Pasternak, Shimon Street 48/26, Arad, 80750, Israel.

New Products – *cont'd. from p. 12*

enable you to practice the movements at home, at your own pace. *Aligning Your Body* consists of three 60-minute cassette tapes containing a total of six different movement sequences. The tapes are designed to benefit everyone, including people recovering from back injuries.

Aligning Your Body the Feldenkrais Way — three 60-minute cassettes — \$45 plus shipping.

Brain-Storm PersonAll Programmer™

This is an audio system using a Light & Sound cassette player, MicroBrite™ Visor, digital headphones and cassette tapes to reprogram the mind to eliminate bad habits, enhance self-esteem, and induce relaxation and/or sleep. The basic unit comes with four LSP tapes (Getting Started, Earth Bells, Stress Free and Relaxed and The Healing Place) and a choice of a language. A library of tapes covering a wide variety of additional subjects is also available.

PersonAll Programmer and accessories — \$169 plus shipping. Additional tapes — \$14.95

Classified advertising is available in the IAHP *Connection*, The Upledger Institute, Inc., *Update* and the *St. Johns News*. Ad rates are \$5 for 30 characters including spaces. For more information, contact Jeri Stinson at 1-800-311-9204, Ext. 319.



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