

UpClose

APRIL, 2005

HealthPlex Clinical Services

TWO-WEEK INTENSIVE RELEASES 14 YEARS OF BACK PAIN

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UI HealthPlex Hours

8 AM - 7 PM, MON - THURS

8 AM - 6 PM, FRI

*The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Chiropractic Medicine.

Terry Collett is soon to become a first-time grandmother — and she can't wait. Making the event even sweeter for her is that "Not only will I be physically able to travel to see this baby, but I'll be able to pick him up and hold him and rock him — or her, we don't know yet — and do all those things grandmas want to do," she says. This wouldn't have been possible a few short months ago.

For 14 years, osteopathic physician Terry Collett lived with chronic back pain from a ruptured disc brought on by a fall. "I tripped over the family cat of all things," she says. Then three months after surgery she re-ruptured the disc during a physical therapy session and had to undergo another surgery.

"After that I was in continuous pain," Dr. Collett says. "I went to a lot of different places and tried all kinds of modalities." Her search eventually led her to a spinal institute in San Francisco, where she underwent a procedure called a 360 fusion that required her to wear a metal cage attached to her spine with screws. A year later, X-rays revealed that the fusion hadn't worked. "All of that time the bone was able to move when it should have been held in place," she says. "A while after that, they found that the screws had come completely loose." Yet another surgery was required.

From that point on, Dr. Collett was virtually wheelchair-bound. "The only time I went out was when I had someone to help me," she says. "I spent most days in bed because that was the only way I could get pain relief. The good part

was that I had time to read books and listen to tapes on pain treatments other than what Western medicine had to offer. I became very intrigued by those different modalities. One of them was CranioSacral Therapy.



Terry Collett, DO

After hearing Dr. Upledger present his technique at a medical seminar that her husband John, also an osteopath, was attending, "I took the level-one course," she says. "It was very difficult for me, though. I was having so much back pain that I would lie down on the floor at times. When we practiced on one another, just the pressure of laying over someone's arm made my back worse. So even though I thought CST was very interesting, I didn't really think it was going to work for me in any significant way."

Years passed and Dr. Collett learned to live with the pain. "Then all of a sudden I started falling forward from my waist and could not raise myself up straight," she says. Consultations with three neurosurgeons produced the same opinion: Surgery was the only option. "Deep down I thought there must be another way to get better," she says.

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AN OBSCURE SIDE EFFECT OF EXTREME WEIGHT

by John E. Upledger, DO, OMM

The sad passing in December 2004 of Reggie White, future NFL Hall-of-Famer, illuminates an obscure side effect of extreme weight — even in those considered fit — that also gives us some fascinating insight into the human body.

White topped out at weights exceeding 290 pounds in the course of his career. The coroner cited sleep apnea as having played a possible role in his death at age 43.

White's particular type of sleep apnea is most common among men of large body mass. Like snoring, this sleep apnea is often secondary to the fatty enlargement of tissues in the nasal air passages at the back and upper areas of the throat. These patterns are generally characterized by gasping inhalations followed by long pauses during which there is little or no exchange of air via the airways into the bronchi and lungs.

Let's dig into the subject a little deeper and see what's behind all this. Involuntary respiration is controlled by nerve cells/neurons in the medulla oblongata located in the skull just above the upper end of the spinal cord. These nerve cells get their instructions from the pons, which is higher in the brain. The pons gets its information from several other brain centers. Then it sorts out all the little details to develop regulations for breathing.

I suspect some of the pons' incoming messages originate in the fat-enlarged tissues of the nose and mouth airways. These messages may then cause the pons to periodically hold back normal rhythmical inhalations.

Taken to the extreme, respiratory arrhythmias secondary to abnormally fatty tissues can take sleep apnea to the point that increased back pressure in the lungs can produce some degree of right-sided heart failure. The result is cyanosis, a bluish discoloration of the skin and mucous membranes that first appears in nail beds and lips. The discoloration comes from a reduced level of oxygen in the blood secondary to the compromised breathing that began with snoring and sleep apnea.

Now let's look at a molecule called "nitric oxide" (NO). This gaseous substance is attracted to fat molecules. What nitric oxide does within our bodies is remarkable. It has a great deal to do with the flow of blood through our vascular systems.

With every heartbeat, a puff of nitric oxide gas is released from the endothelial cells where much of it is stored. Endothelial



by John E. Upledger, DO, OMM

cells line all our blood vessels, including arteries, veins, arterioles, venules and capillaries. So nitric oxide is released in some amount in every blood vessel.

The process by which nitric oxide causes blood vessel relaxation and dilation is somewhat complicated, so I won't go into it here. For our purposes, let's just say: When it's time for the blood vessel to dilate, the nitric oxide goes to the smooth muscles in the blood vessel walls and causes the muscles

to relax. This relaxation allows the blood vessels to dilate and pass more blood at a lowered blood pressure.

What does all this have to do with extreme weight?

It was recently discovered that our paranasal sinuses produce a lot of nitric oxide. When nitric oxide is inhaled through the nasal airway, it gets into the lungs and increases the amount of oxygen that gets into the blood that is circulating through the lungs.

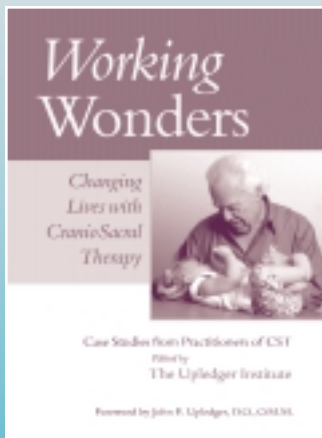
The clearer the nasal passages, the more nitric oxide will be inhaled into the lung tissue. Hence, the more efficiently the oxygen will be absorbed via the lungs into the body vasculature, which then delivers the oxygen to all body cells.

Extreme weight often causes sleep apnea and snoring, which indicates a blockage of nasal airways. The nitric oxide delivery to the lungs then is reduced, as is oxygen absorbed through the lungs. Lowered oxygen levels in the body signal that the tissues need more blood to supply the oxygen.

The physiological response is to raise the blood pressure to increase blood flow and improve oxygen supplies to tissues. Hence, high blood pressure occurs because nitric oxide isn't getting into the lungs effectively.

Hopefully, the passing of Reggie White will wake others up to a lesser-known but potentially deadly side effect of extreme weight.

THE UPLEDGER INSTITUTE CELEBRATES 20TH ANNIVERSARY



In commemoration of The Upledger Institute's 20th anniversary this year, we've published a book of favorite case stories by CranioSacral Therapy practitioners. The title is *Working Wonders: Changing Lives with CranioSacral Therapy*. It's available through UI at 1-800-233-5880 or (561) 622-4334. Ask for priority code N0405 when you call.

TWO-WEEK INTENSIVE RELEASES 14 YEARS OF BACK PAIN

Continued from front cover

Facing yet another surgery, Dr. Collett called The Upledger Institute HealthPlex clinic in desperation. Exhausted and in tremendous pain from sciatica that kept her up at night, she figured, "What do I have to lose?" A cancellation got her into a program the very next week.

"I came to [UI] HealthPlex hoping and praying it would help me," she says. "However, the logical part of my brain and the physician part of my brain really questioned what it could do."

It didn't take long to find out.

"By the third day my sciatica was gone!" Dr. Collett says. "I woke up in the hotel room that morning lying on the side where I'd had the problem for so long. That was amazing to me!"

"As things went along, all the muscle spasms that had been in my back were alleviated. I could actually move my back a little bit, which had not happened in all these years. Then in the second week, after relieving the muscle spasms, the therapists began

to work with all the deep scar tissue and even the scars themselves from the many surgeries. I was getting better and better. I was able to walk without pain."

Still, Dr. Collett had a hard time accepting what she was experiencing. "There was a part of me inside that thought: Well, you got excited about other modalities, then they'd run their course and your back would be bad again.

"But this time I'm happy to say that I'm getting stronger. In little and big ways I see myself progressing far beyond what I ever believed was possible. I'm much more confident now in walking. Many of my friends here at home have seen me and said, 'Oh my gosh, you look wonderful; you're so straight!'"

Out of her experience Dr. Collett also gained a renewed interest in studying Cranio-Sacral Therapy. "I'm signed up for the level-two class this summer. I don't have any desire to do Western medicine now," she says. "I want to reach out and help other people who are as frustrated as I was. When you're dealing with that kind of chronic pain, it's very difficult. Depression is a problem. Inactivity is a problem. Isolation is a problem."

UI HealthPlex clinician Kevin Rose,

LMT, CST-D, agrees. "There are a lot of emotional components to pain. A big part of what we do in an Intensive Program is create a safe environment for patients to deal with those issues. Once a person feels comfortable looking at the emotional components, he or she can really open up to the possibilities of the physical manifestations of healing."

Dr. Collett also appreciated that at the

end of her two weeks "The therapists didn't say, 'We want you to come back every month for six months.' Instead they said, 'You decide if and when you need to come back for an Intensive.' That was very empowering."

Kevin explains, "This work is really about helping people get in touch with their own self-healing capabilities, learning to listen to and trust what their bodies tell them they need."

Dr. Collett's message to others in similar health situations is that "It's never too late. I thought that I really was at the end of my journey. I doubted that CST would help. I thought you couldn't possibly undo in two weeks what's been going on for 14 years. It was a very dramatic improvement.

"I would just encourage people dealing with chronic pain problems to give CST a try. It has changed my life."

"In little and big ways I see myself progressing far beyond what I ever believed was possible."

INTENSIVE THERAPY PROGRAMS

One- and two-week outpatient programs address such conditions as:

- Brain and Spinal Cord Injuries • Autism • Learning Disabilities • Post-Traumatic Stress Disorder • Migraine Headaches • Chronic Neck and Back Pain • Emotional Difficulties • Stress and Tension-Related Problems
- Central Nervous System Disorders • Motor-Coordination Impairments • TMJ Syndrome • Orthopedic Problems • Chronic Fatigue • Scoliosis • Neurovascular or Immune Disorders • Infantile Disorders • Colic
- Post-Surgical Dysfunction • Fibromyalgia • Connective-Tissue Disorders • And Many Other Challenges

Call for information and to make an appointment: 1-800-233-5880 or (561) 622-4334. Ask for priority code N0405.

HEALTH AND WELLNESS SERVICES

UI HealthPlex is pleased to offer classes that promote relaxation and fitness for the body and mind.

- Gentle Yoga with Joan Wanveer
Wednesdays 5:30 p.m.-6:40 p.m. and Saturdays 10:00 a.m.-11:10 a.m.
- Qigong with Cloé Couturier, LMT/CO, CST-D
Mondays (except 1st Mon. of each month) 6 p.m.-7:30 p.m.

ALSO AVAILABLE:

- Acupuncture Sessions with Laura Scozzari
Fridays 9 a.m.-noon

Call for information and to make an appointment: (561) 622-4706

SHARECARE® WORKSHOPS

This one-day workshop explains Cranio-Sacral Therapy in everyday terms and teaches a few simple techniques you can use to help yourself or family members.

- May 7 - Orlando, Fla.
- May 14 - Tacoma, Wash.
- May 20 - Coldwater, Mich.
- June 11 - Palm Beach Gardens, Fla.
- June 25 - Boston, Mass.

CALL TO REGISTER: 1-800-233-5880 or (561) 622-4334, priority code N0405.

SCHEDULE SET FOR 2005 DOLPHIN-ASSISTED THERAPY INTENSIVE PROGRAMS

Upledger history was made in 2004 with our inaugural Dolphin-Assisted Therapy Intensive Programs in Freeport, Bahamas. We held four programs over the summer months and worked with a total of 20 clients.

As we get ready now to launch our 2005 schedule, we want to share a bit more about this program. We recognize that the concept of working with dolphins in a therapeutic capacity is a relatively new one, so you may be wondering what the advantages are to getting CranioSacral Therapy in this envi-

ronment versus the traditional treatment room.

Staff therapist Sheryl McGavin, OTR/L, CST-D, explains, "Unlike a solid treatment table, the water offers unlimited planes of movement, and the tissues and viscera respond in a whole different way when you don't have gravity to deal with. For clients who have hit a plateau in their progress or have particular body issues hampered by the confines of the massage table, the water adds that extra element that can gently urge them to their next stage of healing."

Lisa Upledger, DC, CST-D, agrees, saying, "When you then incorporate the element of dolphin interaction, the experience becomes unlike any other. You can feel the energy as the dolphin puts its rostrum on a person. I have seen a number of releases occur spontaneously and inexplicably from these encounters. Clients absolutely love the contact."

For more information on our programs, call 1-800-233-5880 or (561) 622-4334, priority code N0405.



2005 Schedule

Freeport, Bahamas

June 2-5
June 16-19
July 7-10
July 21-24
July 28-31
August 11-14



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