

MEET MICHELLE MCGREW, UPLEDGER FOUNDATION DIRECTOR OF DEVELOPMENT

The Upledger Foundation welcomes Michele McGrew as its first Director of Development. An international award-winning fundraiser and event coordinator, Michele is working to raise awareness and support of Foundation programs.

Michele graduated summa cum laude from Florida Atlantic University with a bachelor's degree in communication and certificates in women's studies and ethnic studies. Prior to joining the Foundation staff, she worked for the Palm Beach County government, where she

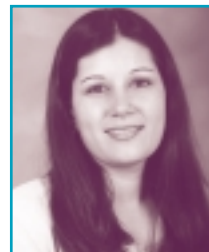
coordinated various community events and fundraisers, including Palm Beach County's annual legislative days in Tallahassee.

"I've done everything from ribbon cuttings with 15 citizens to community fundraisers for over 15,000 people," Michele says. "My greatest successes have always been the things that made me feel good at the end of the day."

Married with an 11-year-old son, Michele feels a particular heart tug when it comes to fulfilling her new mission. "I have two autistic nieces and a nephew who has severe cere-

bral palsy," she says. "I see the need for research and know the difference that it can make in people's lives on a practical level. One of the most exciting things about this position is the opportunity to raise money to support medical research for disorders such as autism and post-traumatic stress disorder.

"I love the idea that the work I do here directly benefits people in need of therapy, and has the potential to change their lives for the better. Many jobs don't offer you that level of personal satisfaction."



Michelle McGrew,
Upledger Foundation
Director of
Development

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ROBYN WALPERT, PT, CST

TAD WANVEER, LMT, CST-D

NANCY WESTPHAL, LMT, CST-D

UI HealthPlex Hours

8 AM - 7 PM, MON - THURS
8 AM - 6 PM, FRI

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News From The Upledger Institute, Inc.®

UpClose

NOVEMBER 2004

HealthPlex Clinical Services

THE WILL TO OVERCOME

"Everything that has happened has made me a better person" is Will Wright's philosophy. This is a remarkable statement coming from a young man of 28 whose rite of passage to adulthood has been anything but smooth.

At the age of 19, an altercation left Will in a coma with swelling in the brain and fractures to his face. Just over a year after that, he started having seizures and left-sided paralysis that left him with a learning disability. Yet all this was comparatively minor in contrast to what happened next. Just five years later, on June 14, 2001, Will Wright was run over by a road grader — a machine about 30 feet long and 38,000 pounds by his estimate.

The events of the day are vivid in Will's memory. He was part of a paving crew working in a parking lot. As was customary, he was partnered with another guy whose basic function was to watch Will and the grader.

"In a split instant I heard faint hollering over the grader's loud motor, and I knew exactly what was happening," Will says. "I was trying to straighten up and run from the grader's path when it caught my right foot. It basically turned me over and came up my side. When it got to my stomach area, the driver rotated the opposite direction and it threw me out."

When paramedics arrived, they found Will bleeding from his nose, ears and even his eyes. Amazingly, his vitals stayed normal. He spent the next 12 days in the hospital, more than a month at home on bed rest, and weeks in rehab.

By February 2002, Will was ready for light duty at the paving company. All went well until the heat of summer set in. "That's when I started to see some recourse from the accident in 2001," he says. "I had a lot of problems with my eyes."

A trip to the doctor left him with a diagnosis of depression. His normally calm voice rising,



Will Wright on June 15, 2001, the day after being run over by a road grader.

Will says, "I said [to the doctor], I'm not in a state of depression. I understand that I've been through a lot. I know I can never be what I was before. I'm not worried about that. I just want answers. I just want to know what I need to do to get better."

Still, Will ended up being on a succession of antidepressants and medications, including one for pain in his right heel and another for calming his stomach from all the drugs he was taking.

During a visit to his optometrist, Will was encouraged to go see Phyllis Thomas, LMT, a practitioner of CranioSacral Therapy and Lymph Drainage Therapy. "My eye doctor's into alternative ways of healing the body," Will says. "She said, 'I don't know what it'll do, but it might help you.' At that point, I was willing to do anything to get my life back together. All this medicine they had me on wasn't correcting the problem; it was just making me get by day to day."

Phyllis focused extensively on Will's lymphatic system. "She worked on me probably once a week, and sometimes twice a week, for a year," Will says. "It took about three or four months for me to see what she was doing. Then it was astonishing.

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THE UPLEDGER FOUNDATION UPDATE

Dear friends,

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

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

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

I am profoundly grateful to all of you who have already given so much to this cause. You have supported our vision. You have encouraged us to embrace the “impossible” in healing. And in the process you have helped us make life a good bit better for others.

Take the recent double hit we experienced from hurricanes Frances and Jeanne. Many of you reached out with well wishes and donations to our Hurricane Relief Fund. These contributions are now allowing us to reach out to relief workers, emergency personnel and others who gave so much during this time of crisis.

I ask now that you stay by our side in the coming year. Your tax-deductible donations will give us the means to continue holding out hope to these and so many others in need.

Sincerely,

John E. Upledger, DO, OMM

Dolphin-Assisted Therapy

The Upledger Foundation has just completed its first round of Dolphin-Assisted Therapy programs at The Dolphin Experience on Grand Bahama Island. Here are some thoughts from Meg Belichick, one of the patients in our inaugural program this past July. These remarks are from her first day in the program.

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

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

“One of the most powerful things about that first hour was that we did not speak. I laid on my back fully supported by the water and my three therapists. Our contacts were continually shift-

ing and changing, like the water itself. We were also part of the larger group, and I often felt a hand or a leg from the others floating next to us. “Most of the time I had my eyes closed and was completely relaxed in the water, which was more relaxed than I have ever been in my body. I was fully supported in every position.

“Once in a while, sensing the dolphins, I lifted my head to look at them. That period in the water was timeless, forever and fleeting at once. The dolphins would whoosh by and flip their tails to create a pulsing of water against us.

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

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

To learn more about the Dolphin-Assisted Therapy program Meg beautifully describes here, please call Educational Services at 1-800-233-5880 and ask for priority code N1104.

The cost to send one person through a four-day Dolphin-Assisted Therapy session in the Bahamas is \$4,500.

Compassionate Touch Helping Hands Program

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

Students in the program showed statistically significant increases in social skills such as cooperation, assertion and self-control. They also exhibited statistically significant decreases in problem behaviors, including externalizing and hyperactivity.

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

The annual cost associated with each school that hosts this program is \$2,500.

UF Programs Continue to Break New Ground

Dolphin-Assisted Therapy and Compassionate Touch are but two ways The Upledger Foundation continues to demonstrate ingenuity in healthcare. From early intervention therapy to help people of all ages avoid potential health problems, to intensive therapy for those suffering the debilitating effects of post-traumatic stress disorder, our programs are committed to exploring new therapeutic avenues of health and well-being.

The cost to send one person through a one-week Intensive Program at UI HealthPlex is \$4,000.

Making a Tax-Deductible Donation Is Easy

- **Call Toll-Free:** 1-800-725-5880 (Ask for priority code N1104)
- **Visit:** www.upledgerfoundation.org
- **Mail:** The Upledger Foundation, 11211 Prosperity Farms Rd., D-223, Palm Beach Gardens, FL 33410-3487

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THE WILL TO OVERCOME

Continued from front cover

I had so much fluid built up inside my body that I could literally feel it coming out of me.”

Will was beginning to feel better, but he still had problems with his eyes. Ultimately, a neuro-ophthalmologist discovered extensive nerve damage and a midline shift in Will’s vision.

“Since my accident I see everything to the right,” Will says. “He put me in glasses that move everything about six inches back to center.”

Phyllis urged Will to go to the UI HealthPlex clinic. “She said to me, ‘We’ve got your lymphatic system where it’s working, not where it needs to be, but it’s working. When they do the CranioSacral Therapy on you, all of your systems will start to work together instead of working against one another.’”

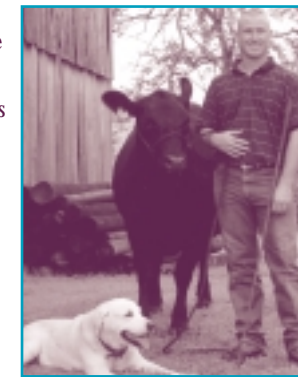
In February 2004, Will headed to UI HealthPlex for two weeks of intensive therapy. “My experience was unreal,” he says. “I could really tell that I was releasing something. They explained how the body has a memory and how energy is released when something has been damaged. I could definitely feel the energy coming out of me. They also pointed out how off-kilter I was. As they worked on me it felt like all my systems, my bones and organs, went back close to their original spots.”

According to UI HealthPlex clinician Kevin Rose, LMT, CST-D, “The main emphasis in Will’s treatment was to increase fluid flow in the lymphatic and craniosacral systems. Being crushed by a 38,000-pound machine can certainly lessen the body’s ability to exchange fluids efficiently and effectively.”

Kevin believes an equally important factor in Will’s progress was his outlook coming into the Intensive Program. “He came in with a strong intention to solve the challenges that no one else

could help him with. This attitude of perseverance is, in my opinion, the core of strengthening the self-healing process. Will’s incredible focus was the foundation that supported his steps toward a full recovery.”

Will was so excited about what he experienced



Will Wright today. “I’m so grateful for my family who encouraged me and for the medical personnel who helped me find Upledger,” he says. “I especially thank God for giving me life and the opportunity to tell others that there is a way to heal your body without harmful effects.”

during his time at UI HealthPlex that he signed up for a CranioSacral Therapy class. He had no aspirations of becoming a therapist, but rather took the class “because I know CranioSacral works, and I wanted to understand more about it,” he says.

Explaining further, Will says, “Here you’ve got a young man who’s been almost killed in an altercation, then a year later is pretty well paralyzed on the left side of his body, can’t talk, can’t do anything. My level of concentration was out the door. At that time I was a sophomore in college but was put at an eighth-grade education level. Then five years later I had a worse accident than the first two.

“Nobody before this really considered that I had multiple problems that were already there, and that they were still coexisting inside my body. The lymphatic and CranioSacral work released everything.”

Will hopes his ordeal will serve both as an encouragement and a wake-up call to others. “People need to learn their own bodies,” he says. “They need to understand that if they’ll just give them what they need, their bodies will heal themselves.

“I’m aware of my body now and what it needs to make it work, or help make it work. At 28 years old, I feel better than I have ever felt. I see clearer. I’m more responsive. Have I conquered the world? No. But have I conquered something that nobody thought I could? Yes I have.”

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: 561-622-4706

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.-6:45 p.m. and Saturdays 11:30 a.m.-12:45 p.m.
- Qigong with Cloé Couturier, LMT/CO, CST
Mondays (except 1st Mon. of each month) 6 p.m.-7:30 p.m.

ALSO AVAILABLE:

- Acupuncture Sessions with Laura Scozzari

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

SHARECARE® WORKSHOPS

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

- Dec. 4, '04 — Indianapolis, Ind.
- Jan. 15, '05 — Palm Bch. Gdns., Fla.
- June 12, '05 — Palm Bch. Gdns., Fla.

CALL TO REGISTER: 1-800-233-5880. Ask for priority code N1104.