

Upledger Introduces BioAquatic Explorations

The Upledger Institute has launched a new series of workshops aboard the Dolphin Star research vessel. Each four-day program encourages practitioners to develop a holistic, cooperative relationship with the ocean and its healing resources.

The classes, which are based in the Bahamas, begin with a structured dolphin swim. "Much of sharing a space with a dolphin is beyond words," says one participant. "It goes to a place of peace, calm, presence, knowing, good humor and love. They radiate all those qualities and more. I feel changed from spending this time with them."

Remaining class time is spent practicing multi-therapist group techniques in shallow water.

"The releases came much more effortlessly," says another participant. The result? An enhanced awareness of the therapeutic process in the bioaquatic context.

Prerequisites, which vary for each workshop, range from Cranio-Sacral Therapy I to Advanced CST. Space is highly restricted so advanced registration is encouraged.

Call Educational Services toll-free at 1-800-233-5880, ext. 89005, for course dates and details.

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The Upledger Institute, Inc.®
11211 Prosperity Farms Rd., D-325
Palm Beach Gardens, FL 33410-3487
1-800-233-5880, ext. 89005
561-622-4334 • Fax: 561-622-4771
Website: www.upledger.com
E-mail: upledger@upledger.com

UpDate

A Publication of The Upledger Institute, Inc.®

Upledger Instructors Teach Multidisciplinary Techniques at July FSMTA Convention

Osteopathic physician John E. Upledger set the stage for a multidisciplinary approach to massage when he delivered a keynote address before a record-breaking audience at the Florida State Massage Therapy Association annual convention in Orlando. He was the first in a long list of Upledger Institute presenters – including psychologists, massage and physical therapists – who shared tips and techniques that therapists could integrate into their practices to improve patient outcomes.

The July conference featured more than 60 vendors and speakers specializing in the manual therapy industry. It played off the FSMTA convention theme – *The Expanding Role of Massage Therapy in the New Millennium* – by offering numerous short courses that encouraged participants to heighten their perceptions of the capabilities of touch.

"That has always been a theme of ours," says Barbara Richmond, Director of Community Relations for The Upledger Institute. "The hands are capable of remarkable healing abilities, and that's a tool that crosses all disciplines and boundaries."

Presenters Cover a Spectrum of Upledger Offerings

Speaking to a crowd of more than 900 practitioners, Dr. Upledger urged audience members to remember the power of personal interaction in this age of high tech. He also praised them for spreading the care and concern so often lacking in the traditional healthcare model.

The Institute reported an overwhelming response to his message – and that of its other presenters. "Over and over we were met with standing-room-only audiences, and these people came to learn," Richmond says. "Some people went to everything we did, then came back in the afternoon to listen to entire presentations a second time."

UI therapist Roy Desjarlais energized and motivated over 230 students at sessions on CranioSacral Therapy. He reviewed the history, concepts and theory behind the gentle, hands-on approach he's practiced for nearly 15 years.

Over 450 people came to see French physician Bruno Chikly demonstrate his original, hands-on method of Lymph Drainage Therapy. He discussed ways trained therapists use LDT to detect the rhythm, direction,



The UI booth was a busy intersection of educational information and hands-on demonstrations at the FSMTA annual convention in Orlando, Fla., July 6-9, 2000.

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The Visceral Manipulation Report

UI Names New VM Curriculum Director

The Upledger Institute has named a new director for its Visceral Manipulation curriculum in the United States.

Gail Wetzler, RPT, will take over for long-time director Frank Lowen, MT, who now plans to dedicate his time to other projects.

A 1973 physical therapy graduate of Long Beach State University at Long Beach, Calif., Wetzler has maintained a private practice in Newport Beach, Calif., for the last 14 years. In



Gail Wetzler, RPT

addition to teaching Visceral Manipulation IA, IB and II, she's also certified to teach Mechanical Link I, and she has developed a course called Integrative Therapies in Animal Health. She's a part-time faculty member at the University of Southern California School of Dentistry, and has also lectured on numerous health-related topics at classes around the world.

Wetzler's new responsibilities as VM curriculum director include maintaining teacher and material standards. She will continue to work closely with Jean-Pierre Barral, the modality developer, to ensure all UI class material maintains his original vision.

Please join us in welcoming Gail Wetzler to her expanded VM role.

Two New VMIA Instructors

Lisa Polec, DC, and Mark Bloemberg, PT, have recently been named Upledger Institute-certified instructors for Visceral Manipulation IA (VMIA). VMIA represents the first class in the nine-course curriculum.

A graduate of Western States Chiropractic College in Portland, Ore., Polec has spent the last decade in private practice focusing on Visceral Manipulation and CranioSacral Therapy. Bloemberg is a long-time resident of the Netherlands who studied under modality developer Jean-Pierre Barral in Europe, and Frank Lowen, MT, in the United States.

Visceral Manipulation IA Schedule

AZ: Tucson — Dec. 14-17, 2000
 CA: Big Sur — Apr. 1-6, 2001
 CT: Hartford — Mar. 22-25, 2001
 FL: Palm Beach — Jan. 18-21, 2001
 KS: Wichita — Jan. 6-9, 2001
 MA: Boston — Aug. 2-5, 2001
 ME: Portland — Aug. 9-12, 2001
 NE: Omaha — Mar. 29-Apr. 1, 2001
 NY: New York — May 17-20, 2001
 OR: Portland — June 28-July 1, 2001
 PA: Philadelphia — Jan. 25-28, 2001
 WA: Seattle — May 31-June 3, 2001
 Canada: Edmonton — Mar. 22-25, 2001
 Toronto — Dec. 7-10, 2000
 Vancouver — Nov. 25-28, 2000

For a complete VM class listing, see the Course Calendar on page 8.



Visceral Manipulation instructors and apprentices relax and unwind with Jean-Pierre Barral after a productive teachers' meeting July 30-31, 2000, at south Florida's Jupiter Beach Resort. Left to right: Lisa Grant, DC; Will Polec, ND; Lisa Polec, DC; Jean-Pierre Barral, RPT, DO; Dee Ahern, RPT; Mark Bloemberg, PT; and A.J. de Koning, DO. Not shown: Gail Wetzler, RPT; Jeff Ryder, DC; Barbara Chang, CMT; Frank Lowen, MT; and Michael Wagner, CMT.

New Tutorial Caters to CranioSacral Speakers

UI is introducing a new tutorial class to help CranioSacral Therapists hone their speaking skills.

"It goes hand in hand with our new introductory workshops on Cranio-Sacral Therapy," says UI curriculum director Kathy Lewis-Woll. "We've put together two new classes: a six-hour Overview of Cranio-Sacral Therapy and a 12-hour Introduction to CranioSacral Therapy. The new tutorial will help practitioners prepare to present those courses on a highly professional level."

For more information, please call Educational Services toll-free: 1-800-233-5880, ext. 89005.

Internet Directory

The Upledger Institute, Inc. •

Website: www.upledger.com
 E-mail: upledger@upledger.com

International Association of Healthcare Practitioners® (IAHP)

Website: www.iahp.com
 E-mail: iahp@iahp.com

International Alliance of Healthcare Educators® (IAHE)

Website: www.iahe.com
 E-mail: iahe@iahe.com

A Travel Concierge, Inc.

Website: www.tc-travel.com
 E-mail: tc-travel@tc-travel.com

American CranioSacral Therapy Association (ACSTA)

Website: acsta.com
 E-mail: acsta@acsta.com

A CranioSacral Therapy Case Study

Provided by Ellen Adler, OTR/L, CST-D

Personal: Lisa*, female, 5-12 months of age during treatment.

History: Lisa's mother experienced a pleasant, uneventful full-term pregnancy, and a reportedly routine labor and delivery. On the second day of life, Lisa had a focal seizure that involved her entire right side from head to foot. An MRI revealed a minor bleed in the left cortical area of her brain. Lisa was not put on any anticonvulsive medication and did not have any more seizures until several months later when she experienced one related to a high fever.

During the first three months, Lisa's mother noticed Lisa's right leg turned out more than her left leg, and her right eyelid appeared to be a little closed when she was awake. Because of her birth history, the pediatrician referred Lisa for a motor evaluation as an "at risk" baby. The evaluating therapist recommended motor therapy since there were soft signs of possible future developmental spasticity.

Evaluation: I began treating Lisa when she was 5 months old. She had been evaluated using the H.E.L.P. (Hawaii Early Learning Profile), and was functioning on a 3- to 4-month level. She was just beginning to roll from supine to prone using her left leg to push a little while her left arm and shoulder would reach toward the light. She fussed at being placed in prone, and had never been placed in a sitting position without support since her parents were afraid she would fall over.

Lisa was a very alert, happy baby who would follow people and objects visually. She reached for objects with her left hand, but demonstrated a right-sided neglect and limited active range of motion of her right arm and hand. However, when her right arm was stroked and her hand brought into her visual range, she would reach for and grasp objects, although her reach was wider and showed less control than the left, and her grasp was weaker. The right side of her torso was also weaker than the left, and the right side of

her face drooped along with the ptosis of the eyelid.

Mother had not realized the involvement of Lisa's upper right extremity or noticed the asymmetry of her cheek and mouth. She did report that Lisa would spit up much of her meal after being fed, which prompted the pediatrician to change her formula several times with minimal positive results.

A craniosacral evaluation revealed a moderately jammed occiput and restrictions in the left side of her cranial vault. Her suck was good and strong. Lisa cried and twisted through the release process, which took about 5 minutes to complete. There was about a 60% improvement in her cranial movement following treatment.

Treatment: Following the initial craniosacral evaluation and treatment, Mother was given a home program to be incorporated into Lisa's diaper-changing time, bath time, and general play and cuddling times. This included: (1) one extra tactile stimulation of Lisa's right upper and lower extremities and her torso; (2) assisted rolling practice supine to prone, prone to supine, and both to the left and right; and (3) while in a supported sitting position, Lisa was offered toys on the right side of her body and given assistance to begin reaching for them.

Lisa was then seen once a week for an hour for OT, which continued until her first birthday. Actual hands-on time during each treatment session varied from 30 to 45 minutes.

It was obvious that Mother carried out the home program, as Lisa made measurable progress from week to week. By the second week, she was reaching for objects held to her right without looking at her hand first. She was also making more of an effort to roll in either direction.

The asymmetry of her face had decreased by more than 50%, with some active smiling beginning on the right. Mother also reported that the amount Lisa spit up after each meal was greatly reduced. Cranial reevaluation revealed about 80% symmetry between left and right sides of the cranial vault, and mini-

mal restriction of her cranial base.

With Mother's great home-program carry-over and CranioSacral Therapy updates, Lisa was coming to the sitting position by 7 months, crawling on hands and knees before 9 months, walking at 11 months, and stooping to pick up toys by 12 months. There is also no asymmetry of her face, her spitting up stopped by the time she was 7 months, and she began saying single words at 11 months.

Her hand use improved slightly slower. She went through about a month of athetotic-like movement, and then a reluctance to use her right hand for other than gross support and assistance spontaneously. This eventually changed, and even through she is definitely left dominant, she uses her right hand spontaneously for any necessary task, demonstrating full and active range of motion.

Lisa is followed now at six-month intervals and has not developed any signs of spasticity. She turned 2 years old in April and is doing great.

*Name has been changed to protect patient confidentiality.

Help Us Teach Case by Case

Do you have a case history you'd like to share with fellow therapists? Are there topics you want to hear more about?

We'd like to hear from you. Please E-mail the editor – sharon@upledger.com – or fax your comments, questions and concerns to 561-622-4771.

Help us create an open forum of news and information vital to practitioners of complementary care.

The Upledger Foundation UpDate on Current Research Projects

Dear Friends,

What a year it's been since our last update to you. Through our various Foundation programs, we've seen the efficacy of CranioSacral Therapy confirmed in ways that have both excited the hearts of eyewitnesses and satisfied the minds of the scientific community.




We've watched compassion and self-esteem blossom in children. We've seen a door to dolphin research open that we'd only dreamed of a few years ago. And we've observed hope, love and trust restored in Vietnam veterans.

When you contribute to The Upledger Foundation, you share in these successes and play a major role in the outcomes. A reality of this world is that progress usually comes with a price tag. Without the financial support of those who believe in the work of the Foundation, we are unable to expand on these programs or research new avenues of healthcare.

It is my sincere hope that you will partner with us in the coming year. We promise to honor your giving and to keep you apprised of how your gift is making a difference in the lives of people in need.

Sincerely,


John E. Upledger, DO, OMM
President, The Upledger Foundation

The Compassionate Touch Program

The statistical results from a Compassionate Touch Program conducted at the New Glarus Elementary School demonstrated the value of using a specific method of gentle touch to reinforce positive behaviors and build self-esteem in children.

Now comes the question: How do we use the knowledge gained to reach the greatest number of children? Among the possibilities we're exploring is the production of an instructional video for classroom teachers, and a course that teaches practitioners how to take this program into schools to teach children.

Dolphin-Assisted Therapy

In April 2000 we took a giant leap forward in our dolphin-assisted therapy program. Thanks to the financial support of Foundation patrons, a new Dolphin Star research vessel was christened on April 29th during ceremonies commemorating CranioSacral Therapy Awareness Month.

Now our next step is to prepare therapists to work with patients aboard the vessel and in close proximity to dolphins. For the rest of this year and likely the next, small groups of therapists will be taken to the Bahamas to work in this ocean environment. These initial expeditions will be conducted as part of UI's new four-day BioAquatic Exploration courses for therapists.

Post-Traumatic Stress Disorder

In 1999, Dr. Upledger and a team of therapists led a total of 22 Vietnam veterans through four two-week intensive programs. The project was groundbreaking on many levels:

- The protocol was co-designed with the West Palm Beach Veterans Administration Medical Center.
- Results showed that the veterans who completed the programs experienced fewer symptoms, as well as a reduction in the severity of symptoms, in areas such as depression, hostility and anxiety.

- A report by an independent licensed psychologist noted more than a 95% correlation between the veterans' improvements and their treatments.

Dr. Upledger recently presented these findings at the 10th annual International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) conference in Boulder, Colo. Four of the veterans who went through the program joined him to share with the audience the profound impact this program had on their lives.

"The conference was yet another giant step in my healing process," says Veteran Roger Lansbury. "It's a continuation of my growth and expansion that was jump-started by the original intensive program." This statement alone shows you how the positive changes from the PTSD program involve an ongoing process. Our responsibility is to help perpetuate that progress for these 22 veterans, while also providing two-week PTSD intensives for new groups of veterans.

Your Support Matters

The programs reported here cost tens of thousands of dollars to run. Just one PTSD program for six veterans alone costs \$60,000. Without the financial backing of patrons like you, this work simply ceases. So please consider The Upledger Foundation this year in your charitable giving. To make a tax deductible contribution, please call the Foundation at 561-622-4706.

Find Out More

A list of educational articles is available to help you learn more about our research programs and community-outreach projects. For a copy please call Educational Services at 1-800-233-5880, ext. 89005, or visit the UI website at www.upledger.com.

New Communications Plan Benefits The Charitable Upledger Foundation

Excel Communications, the fourth largest communications company in North America, is now offering an easy way to support The Upledger Foundation while saving on long-distance, Internet and pager services. For each service you use, Excel will donate up to 10% of your total monthly bill to The Upledger Foundation.

Plan*	Special Rates	Monthly Fee
Three-Penny Plan	3¢ a minute 7 p.m. to 7 a.m., and 10¢ a minute 7 a.m. to 7 p.m. 7 days a week	\$5.95
Simply 7	7¢ a minute 24 hours a day, 7 days a week	\$4.95
Dime Deal	10¢ a minute 24 hours a day, 7 days a week	\$3.00

* Intrastate calls vary. Monthly service fees appear on your local phone bill.

Sign up by Internet: www.thesteppingstones.com. Or call toll-free: 1-888-673-3795. Simply tell the operator you want to help The Upledger Foundation by selecting Excel as your long-distance carrier. Then give the Foundation's identification number: 656-333-465.

For more information about this special savings offer, please call Excel representative Sue Eusepi at 1-888-523-1130 or 561-747-8793.

New Foundation MasterCard Offers Plenty of Pluses

The Upledger Foundation is teaming up with MBNA to offer a new MasterCard program that benefits the nonprofit Upledger Foundation with every purchase you make.

Each personal and business card also features an array of rewards: free air miles, hotel and rental car points, travel services, lines of credit, special CD and money market programs, and much more. There's no annual fee, and a portion of your total monthly volume goes directly to the Foundation programs you care about most: Dolphin-Assisted Therapy, Post-Traumatic Stress Disorder, the Compassionate Touch Program and more.

Find out how easy it is to make a difference in someone's life. Call Educational Services today for a free application: 1-800-233-5880, ext. 89005.

New Basic Acupressure Course Blends Ancient Methods With Contemporary Applications

by Aminah Raheem, PhD



December 2000 marks the introduction of a new class called Basic Acupressure. Designed to provide an overview of traditional acupressure, the new three-day course will teach skills to integrate ancient techniques with contemporary bodywork modalities.

Acupressure is the ancient practice of applying hand or finger pressure to specific energetic or conductive points on the body to alleviate tension, pain or other symptoms. According to recorded history, it originated in China over 3,000 years ago. Over time, healers came to understand that certain points on the body, when stimulated, produced maximum effects in balancing the body and alleviating symptoms. From these early discoveries a complete holistic system of Chinese medicine gradually evolved.

The energy system of the body mapped in ancient times was defined by explicit energy pathways (meridians) that flowed up and down the body from head to toe. Twelve of these pathways were linked to internal organs and were said to help regulate the health of those organs. Those pathways are accessed by the acupoints, or "windows" into the pathways, which are stimulated to affect energy flow. Originally, 361 acupoints were located on the surface of the body. They remain the key access points to this day.

Though traditional Chinese medicine was overshadowed during the first part of the 20th century by the introduction of Western medicine, it has now come back into widespread use. Since the opening of China to the west in the 1960s, the principles and methods of traditional Chinese medicine are now being disseminated in schools throughout the West that present both aspects together for maximum patient benefit.

Western practitioners continue to create innovative applications for this traditional knowledge. Basic Acupressure is based on the

same fundamental knowledge developed centuries ago. Yet it will be presented in terms and applications instantly relevant to our bodies today.

Basic Acupressure participants will learn a simple protocol for balancing the body that can be used alone or along with other forms of bodywork to enhance effectiveness. Specific acupoints will be presented for particular purposes, together with protocols for common conditions such as headache, back strain, stress, fatigue and insomnia.

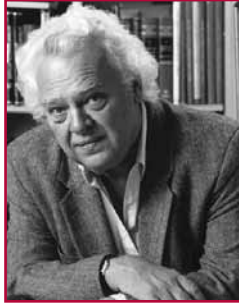
The first class [to be taught by course developer Aminah Raheem] will be held December 8-10, 2000, at the Palm Canyon Resort in Southern California. With its spectacular beauty, clean air, warm weather and exquisite sunsets, this region of the great American West has been a holy site to Native Americans for centuries.

Tuition is \$375. To register, please call Educational Services at 1-800-233-5880, ext. 89005. To reserve a room at the special rate of \$70 per night, please call Christine at 1-800-242-0044. Room reservations must be made by Nov. 17, 2000.

The Expanding Role of Cerebrospinal Fluid in Health and Disease

by John E. Upledger, DO, OMM

It was 1971 when I first witnessed the rhythmic activity of cerebrospinal fluid as its hydraulic forces affected the patch of dura mater I was



watching. At that time I had no inkling of the incredible journey that was in store for me.

That small section of dura mater was only about 1-1/2 inches long and 2 inches wide. We had exposed it to remove a dime-sized calcium plaque from the outer surface of the dura. The operative site was the posterior aspect of the mid-cervical region of the patient.

My assignment was to hold the dura very still with a pair of tissue forceps while the neurosurgeon delicately removed the calcium plaque without incising the dural membrane. Yet in spite of my attempts, the exposed dural membrane repeatedly protruded and receded at about 10 cycles per minute.

That particular rhythm was a surprise to everyone in the operating room. It didn't synchronize with the anesthetist's breathing apparatus nor the cardiac monitor – both were in my view. The only thing I could think of that could create this force was the pumping of cerebrospinal fluid inside the dura mater.

The Cerebrospinal Fluid Controversy

The very subject of cerebrospinal fluid (CSF) was quite contentious at the time. When I was in osteopathic college back in the early '60s, CSF was considered mainly a shock absorber for the jelly-like brain during swift starting and stopping movements. There was also some debate about CSF being a transport system to deliver nutrients and remove waste, yet no one was certain. Some cranial osteopaths even made vague references to CSF following nerve fibers to every cell of the body and delivering some kind of "mystical" energy.

Despite the theories, scientific knowledge at that time stated quite firmly that CSF did not penetrate the brain's surface, nor leave the compartment formed by the dura mater. The fluid did appear to follow nerve roots peripherally from the brain and spinal cord, but only as far as the dura mater provided a sheath for the roots. This, it was thought, was to bathe the nerve roots as well as the surface of the brain.

Yet controversy existed over whether the fluid in the subdural space should even be considered CSF. There was evidence to support the concept that the arachnoid membrane was impermeable to CSF. Therefore, the fluid outside the arachnoid membrane but inside the dura mater was not CSF, even though they were biochemically identical. This, of course, raised another question. Should a fluid be named by its biochemical characteristics or by the compartment in which it resides?

It was against this backdrop that I observed the pumping activity of CSF in 1971. And it was in this environment that I went on to develop CranioSacral Therapy.

CranioSacral Therapy Mobilizes CSF

My initial focus with CranioSacral Therapy was to mobilize the meningeal membranes that related to the entire central nervous system and the proximal aspects of its major nerve roots. I used the bones that attach to these membranes, either directly or indirectly, to manipulate the meningeal membranes and release any mobility restrictions.

Yet I found CranioSacral Therapy also released restrictions in membrane mobility and in the sutures between bones of the skull vault by effectively using the hydraulic forces provided by the pumping of CSF. The therapist simply drew those forces into restricted areas by gently inhibiting the areas of maximum (compensatory) compliance to the rhythmical rises of hydraulic forces. By continuing this gentle manual pressure, the fluctuating hydraulic forces helped naturally release those restrictions.

My colleagues and I were fascinated by the wide variety of patient improvements we witnessed using these new techniques and theories. Most positive responses came in cases of pain that were attributable to meningeal restrictions, in cases of painful sutural restrictions, and with learning disabilities that could be related to specific dysfunctions in this craniosacral system. Yet what was truly difficult to explain were the positive results seen with diseases like Parkinson's, multiple sclerosis, chronic fatigue syndrome, and acute and chronic infections, including resistant staphylococcus and cytomegalovirus.

Indeed, there were many, many positive results from CranioSacral Therapy in areas that seemed untouchable based on concepts held about CSF at that time. Even now, as scientific research continues to uncover the secrets of CSF, we see more and more how CranioSacral Therapy helps in so many surprising ways.

CSF and Its Activities Become More Clearly Defined

Several research projects over the past few years have demonstrated that, contrary to previously held ideas, CSF is the interstitial fluid of the brain and spinal cord. That means it permeates the spaces between all the nervous and glial cells of the brain and spinal cord. In this way it carries nutrients; removes metabolic byproducts, waste and toxic molecules; strongly influences pH (acidity); and is now thought to influence the electromagnetic environment of the neurons and other cells of the central nervous system. [For a complete overview of these research projects, see *Science News*, January, 1999.]

In *The New York Academy of Science Annals*, Volume 854, an article entitled "Towards the Prolongation of a Healthy Life Span" reported that CSF contains low-molecular-weight chelating agents that remove metal atoms from the interstitial spaces of the brain and spinal cord, as well as from the neuronal and glial cell membranes. According to the article, CSF also protects against oxidation and toxic accumulations of nonmetallic toxins.

This is especially enlightening in the cases of recent studies that have shown both Parkinson's and Alzheimer's diseases may be induced by toxic build-ups of heavy metals – within the basal ganglia in the case of Parkinson's, and in the cortical and subcortical regions in the case of Alzheimer's disease. So enhancing CSF circulation may well help prevent these two diseases, along with many other types of senility and deterioration problems.

In my own clinical practice I've been able to break fevers, alleviate chronic viral infections, prevent flu...the list goes on and on. All these results suggest an enhancement of immune function, which is exactly what I

believe CranioSacral Therapy does. It moves CSF and every other body fluid, especially the interstitial fluids. By whatever name, the fluids between cells must move in order to deliver molecules that not only nurture cells but also transport messages and patrol for antigens – all vital to strong immune function.

Researchers Link CSF to Old Age

Physicians at Stanford University have also discovered that the exchange of CSF slows with age. While there is a complete turnover of CSF about four or five times a day in healthy middle-aged people, in the elderly that rate may be cut in half.

In fact, the Stanford folks became so convinced that CSF turnover is important that they've placed shunts in a sample of nine patients with reduced turnover to see whether the drainage of stagnant CSF enhances production and reduces certain substances in the CSF – and hence the central nervous system – that are believed to contribute to brain deterioration and Alzheimer's disease.

I firmly believe CranioSacral Therapy can effectively help maintain or regain the normal production and reabsorption of CSF so that a normal daily turnover of fluids can be maintained with all of its attendant health benefits.

UpDate From Dr. John

I can't resist presenting this new information that came forth in one of The Upledger Institute's recent "The Brain Speaks" seminars. A practitioner was dialoguing with the "cerebellum" of a fellow classmate when the cerebellum reported it had many crystals within it that had to be kept clean by CSF washing. When these crystals get dirty, cerebellar function deteriorates in terms of motor, balance, memory, hearing association, and many other areas that generally go with old age. Yet in this

case, old age would not be old age – just dirty crystals. Through continuing dialogue, the practitioner discovered these crystals could be kept clean by the same treatment that helps CSF circulate.

Now comes the fun part. In 1992, Joseph L. Kirshvink et al from Cal Tech in Pasadena published an article entitled "Magnetite Biomineralization in Human Brain" in the *Proceedings of the National Academy of Science, USA*, Volume 89, biophysics section, pg. 7683-87. In it, Dr. Kirshvink stated that he

found over 5 million single-domain magnetite (Fe_3O_4) crystals per gram of human brain tissue. He also found over 100 million of the same type of crystals per gram of pia mater and dura mater. Even allowing for a 25% error in counting such large numbers, that's a lot of crystals to wash.

The message is clear: Pump those cranio-sacral systems for maximum fluid flow.

Thanks for listening,
Dr. John

UI Instructors Teach at FSMTA Convention

Continued from front cover

depth and quality of lymph flow over the entire body. Then he went on to demonstrate Manual Lymphatic Mapping of the skin, muscles, fascia, viscera and periosteum to determine the best pathways for interstitial fluid and lymph.

Alaya Chikly, certified massage therapist, presented a lively discussion on Heart-Centered Therapy. This sensitive approach to emotional healing draws upon the client's inherent ability to access his or her own spiritual resources. Students went on to explore specific techniques to help free themselves and their clients from the limiting perceptions of the personality.

Dee Ahern, a registered physical therapist, gave a spirited discussion and demonstration

of Visceral Manipulation to a packed classroom. She guided participants to better understand how the organs of the visceral system affect the neuromuscular and skeletal systems of the body. Taught throughout the U.S. since 1985, Visceral Manipulation continues to expand the field of manual therapy.

Catherine Crews, PhD, and David Lauterstein reviewed the powerful applications of Process Acupressure and Zero Balancing. Process Acupressure combines ancient Chinese techniques with modern-day process skills to facilitate healing through all aspects of the person. Zero Balancing is a fascinating form of bodywork that combines knowledge of anatomy from the West with an understanding of energy from the East.

Finally, clinical psychologist Russell A. Bourne, Jr., shared news on recent CranioSacral Therapy research programs supported by the charitable Upledger Foundation. He

highlighted programs on Dolphin-Assisted Therapy, Post-Traumatic Stress Disorder in Vietnam Veterans, and the Institute's latest undertaking – The Compassionate Touch Program – which seeks to reduce violence among schoolchildren.

"The conference was a huge success," Richmond comments. "The FSMTA delegates were responsive to every situation, every question, every concern. They did an excellent job, and I have no doubt their members got a better understanding of the multidisciplinary skills and techniques they came to learn. It's a competitive era in massage therapy, and we're honored to play a part in that."

To learn more about the Florida State Massage Therapy Association, call 407-628-2772. For details on Upledger Institute classes that build on techniques introduced at the convention, please call our Educational Services Department toll-free: 1-800-233-5880, ext. 89005.

Course Calendar: Nov. 15, 2000 - Aug. 15, 2001

Many courses require prerequisites. Call today for information or to register: 1-800-233-5880, ext. 89005.

CranioSacral Therapy I

AL: Birmingham — June 7-10, 2001
 AZ: Phoenix — June 7-10, 2001
 Tucson — Dec. 14-17, 2000
 CA: Big Sur — Feb. 4-9, 2001
 Los Angeles — Feb. 1-4, 2001
 Sacramento — June 14-17, 2001
 San Diego — July 19-22, 2001
 San Francisco — Jan. 6-9, 2001
 San Francisco — May 17-20, 2001
 Santa Barbara — Mar. 29-Apr. 1, 2001
 CO: Denver — Feb. 15-18, 2001
 CT: Hartford — Mar. 22-25, 2001
 DC: Washington — Feb. 1-4, 2001
 FL: Ft. Lauderdale — July 26-29, 2001
 Miami — Feb. 8-11, 2001
 Orlando — Dec. 14-17, 2000
 Palm Beach — Nov. 16-19, 2000
 Palm Beach — Apr. 21-24, 2001
 Sarasota — Jan. 11-14, 2001
 Tallahassee — Apr. 5-8, 2001
 Tampa — June 14-17, 2001
 GA: Atlanta — May 3-6, 2001
 HI: Maui — May 10-13, 2001
 IA: Des Moines — Mar. 1-4, 2001
 IL: Chicago — May 10-13, 2001
 IN: Indianapolis — Apr. 5-8, 2001
 KS: Kansas City — June 7-10, 2001
 Wichita — Jan. 6-9, 2001
 KY: Louisville — Apr. 5-8, 2001
 LA: New Orleans — Aug. 9-12, 2001
 MA: Boston — Dec. 7-10, 2000
 Boston — Apr. 19-22, 2001
 Boston — Aug. 2-5, 2001
 MD: Baltimore — Mar. 15-18, 2001
 ME: Portland — Mar. 17-20, 2001
 MI: Detroit — May 3-6, 2001
 Grand Rapids — Aug. 23-26, 2001
 Lansing — Mar. 1-4, 2001
 MN: Minneapolis — Nov. 16-19, 2000
 Minneapolis — June 21-24, 2001
 MO: St. Louis — Jan. 25-28, 2001
 MT: Bozeman — Feb. 8-11, 2001
 NC: Raleigh — July 12-15, 2001
 Wilmington — Feb. 1-4, 2001
 NJ: Denville — July 19-22, 2001
 Ft. Lee — Mar. 4-7, 2001
 NM: Albuquerque — Feb. 1-4, 2001
 NY: Albany — Mar. 8-11, 2001
 Buffalo — Apr. 19-22, 2001
 Ithaca — Dec. 14-17, 2000
 New York — Jan. 11-14, 2001
 New York — May 17-20, 2001
 Utica — June 21-24, 2001

OH: Akron — Apr. 5-8, 2001
 Cincinnati — Jan. 11-14, 2001
 Cleveland — Nov. 16-19, 2000
 Dayton — July 26-29, 2001
 Toledo — May 3-6, 2001
 OR: Grants Pass — Apr. 19-22, 2001
 Portland — Dec. 7-10, 2000
 Portland — June 28-July 1, 2001
 PA: Philadelphia — Jan. 25-28, 2001
 Philadelphia — June 7-10, 2001
 Pittsburgh — Aug. 2-5, 2001
 State College — Apr. 7-10, 2001
 RI: Providence — Mar. 29-Apr. 1, 2001
 SC: Columbia — May 31-June 3, 2001
 Myrtle Beach — May 3-6, 2001
 TN: Nashville — June 21-24, 2001
 TX: Dallas/Ft. Worth — May 3-6, 2001
 Houston — Mar. 8-11, 2001
 San Antonio — Jan. 18-21, 2001
 UT: Salt Lake City — Mar. 8-11, 2001
 VA: Charlottesville — Dec. 7-10, 2000
 Virginia Beach — Apr. 19-22, 2001
 VT: Burlington — July 5-8, 2001
 WA: Seattle — Jan. 18-21, 2001
 Spokane — June 14-17, 2001
 WI: Appleton — Dec. 7-10, 2000
 Madison — Feb. 22-25, 2001
 Milwaukee — July 5-8, 2001
 Canada: Calgary — Feb. 22-25, 2001
 Halifax — Jan. 25-28, 2001
 Ottawa — Apr. 5-8, 2001
 Toronto — Dec. 7-10, 2000
 Toronto — May 24-27, 2001
 Vancouver — Nov. 25-28, 2000
 Vancouver — May 24-27, 2001
 Australia: Adelaide — May 12-15, 2001
 Brisbane — Aug. 9-12, 2001
 Melbourne — Apr. 7-10, 2001
 Sydney — June 23-26, 2001
 Singapore: Singapore — Apr. 19-22, 2001

CranioSacral Therapy II

AZ: Phoenix — June 7-10, 2001
 CA: San Francisco — Jan. 6-9, 2001
 San Francisco — May 17-20, 2001
 Santa Barbara — Mar. 29-Apr. 1, 2001
 CO: Denver — Feb. 15-18, 2001
 FL: Miami — Feb. 8-11, 2001
 Palm Beach — Nov. 16-19, 2000
 Tampa — June 14-17, 2001
 HI: Maui — May 10-13, 2001
 IA: Des Moines — Mar. 1-4, 2001
 IL: Chicago — May 10-13, 2001
 MA: Boston — Dec. 7-10, 2000
 Boston — Aug. 2-5, 2001

ME: Portland — Aug. 9-12, 2001
 MI: Detroit — Nov. 9-12, 2000
 MN: Minneapolis — Nov. 16-19, 2000
 MO: St. Louis — July 12-15, 2001
 NC: Raleigh — July 12-15, 2001
 NJ: New Jersey Shore — Mar. 29-Apr. 1, 2001
 NY: Ithaca — Dec. 14-17, 2000
 New York — Jan. 11-14, 2001
 New York — May 17-20, 2001
 OH: Cincinnati — Jan. 11-14, 2001
 OR: Portland — June 28-July 1, 2001
 PA: Philadelphia — June 7-10, 2001
 State College — Apr. 7-10, 2001
 RI: Providence — Mar. 29-Apr. 1, 2001
 WA: Seattle — Jan. 18-21, 2001
 WI: Milwaukee — July 5-8, 2001
 Canada: Calgary — Feb. 22-25, 2001
 Toronto — Dec. 7-10, 2000
 Toronto — May 24-27, 2001
 Vancouver — May 24-27, 2001
 Singapore: Singapore — July 5-8, 2001

CranioSacral Dissection

TX: Galveston — Jan. 26-28, 2001
 Galveston — Mar. 16-18, 2001

Overview of CranioSacral Therapy

Please call for dates and locations.

Introduction to CranioSacral Therapy

NJ: South Rio Grande — Feb. 17-18, 2001

Clinical Symposium With

John E. Upledger, DO, OMM

Please call for dates and locations.

Clinical Application of CranioSacral Therapy

FL: Palm Beach Gardens — Apr. 9-13, 2001

SomatoEmotional Release* I

CA: San Francisco — Jan. 6-9, 2001
 CT: Hartford — Mar. 22-25, 2001
 FL: Orlando — Dec. 14-17, 2000
 Palm Beach — Nov. 16-19, 2000

MA: Boston — Apr. 19-22, 2001

MI: Detroit — May 3-6, 2001

OH: Dayton — July 26-29, 2001

TX: Dallas/Ft. Worth — May 3-6, 2001

WI: Milwaukee — July 5-8, 2001

Canada: Edmonton — Mar. 22-25, 2001

Vancouver — Nov. 25-28, 2000

Australia: Sydney — Jan. 10-13, 2001

Clinical Application of CST &

SomatoEmotional Release*

FL: Palm Beach Gardens — Dec. 4-8, 2000

Palm Beach Gardens — Feb. 19-23, 2001

Palm Beach Gardens — June 4-8, 2001

Palm Beach Gardens — Sept. 10-14, 2001

CranioSacral Therapy for Pediatrics**

CA: San Francisco — Feb. 22-25, 2001
 CT: Hartford — Mar. 15-18, 2001
 FL: Palm Beach — Jan. 18-21, 2001
 Sarasota — Aug. 2-5, 2001
 MI: Lansing — Mar. 1-4, 2001
 MN: Minneapolis — June 21-24, 2001
 NY: New York — Mar. 29-Apr. 1, 2001
 TX: Austin — Apr. 19-22, 2001
 Dallas/Ft. Worth — Apr. 5-8, 2001
 Houston — Mar. 8-11, 2001
 UT: Salt Lake City — Mar. 8-11, 2001
 WA: Seattle — May 31-June 3, 2001
 Canada: Toronto — Feb. 15-18, 2001
 Vancouver — Nov. 25-28, 2000

SomatoEmotional Release* II

CA: San Francisco — May 17-20, 2001
 FL: Palm Beach — Apr. 21-24, 2001
 IL: Chicago — Feb. 22-25, 2001
 NJ: Ft. Lee — Mar. 4-7, 2001
 Canada: Toronto — Feb. 15-18, 2001
 Australia: Sydney — June 23-26, 2001

The Brain Speaks**

FL: Palm Beach — Feb. 8-11, 2001

Advanced I CranioSacral Therapy

CA: Lucerne Valley — July 29-Aug. 3, 2001
 FL: Palm Beach — Dec. 3-7, 2000
 Palm Beach — Apr. 18-22, 2001
 Canada: Salt Spring Island — July 9-13, 2001

Clinical Application of

Advanced CranioSacral Therapy

FL: Palm Beach Gardens — Jan. 22-26, 2001
 Palm Beach Gardens — Mar. 19-23, 2001
 Palm Beach Gardens — May 14-18, 2001
 Palm Beach Gardens — June 18-22, 2001
 Palm Beach Gardens — Aug. 6-10, 2001

CranioSacral Therapy and

the Immune Response

FL: Palm Beach — Nov. 30-Dec. 3, 2000

Therapeutic Imagery and Dialogue I**

Please call for dates and locations.

Equine CranioSacral Techniques I

CA: Windsor — Nov. 27-Dec. 1, 2000
 New Zealand: Christchurch — Nov. 18-22, 2000

BioAquatic Exploration (CSII) New!

Please call for dates and locations.

BioAquatic Exploration (ADV) New!

Please call for dates and locations.

BioAquatic Exploration (SER) New!

Please call for dates and locations.

Ocean Therapy 1

New!

Please call for dates and locations.

ShareCare

- FL: Palm Beach Gardens — Jan. 20, 2001
- Palm Beach Gardens — July 28, 2001
- Palm Beach Gardens — Oct. 6, 2001
- NM: Albuquerque — Apr. 7, 2001
- NY: Ossining — Nov. 11, 2000
- Ossining — Feb. 24, 2001
- PA: Chambersburg — Mar. 3, 2001

Visceral Manipulation IA

- AZ: Tucson — Dec. 14-17, 2000
- CA: Big Sur — Apr. 1-6, 2001
- CT: Hartford — Mar. 22-25, 2001
- FL: Palm Beach — Jan. 18-21, 2001
- KS: Wichita — Jan. 6-9, 2001
- MA: Boston — Aug. 2-5, 2001
- ME: Portland — Aug. 9-12, 2001
- NE: Omaha — Mar. 29-Apr. 1, 2001
- NY: New York — May 17-20, 2001
- OR: Portland — June 28-July 1, 2001
- PA: Philadelphia — Jan. 25-28, 2001
- WA: Seattle — May 31-June 3, 2001
- Canada: Edmonton — Mar. 22-25, 2001
- Toronto — Dec. 7-10, 2000
- Vancouver — Nov. 25-28, 2000

Visceral Listening Techniques

- CA: San Francisco — Feb. 23-25, 2001

Visceral Manipulation IB

- CA: San Francisco — Jan. 6-9, 2001
- DC: Washington — Aug. 11-14, 2001

Visceral Manipulation II

- CA: San Francisco — May 17-20, 2001
- NM: Albuquerque — Nov. 30-Dec. 3, 2000

Practical Integration of Visceral Manipulation

- MA: Boston — Dec. 8-10, 2000
- NM: Albuquerque — Feb. 2-4, 2001

Advanced Visceral Manipulation

- FL: Palm Beach — Feb. 17-20, 2001
- NM: Albuquerque — Nov. 30-Dec. 3, 2000

Visceral Approach to Trauma and Whiplash

- CA: San Francisco — Feb. 23-25, 2001

Mechanical Link™ I

- CA: San Francisco — Feb. 22-25, 2001
- MA: Boston — Feb. 16-19, 2001
- NY: New York — Mar. 29-Apr. 1, 2001

Mechanical Link™ II

Please call for dates and locations.

Advanced Mechanical Link™

Please call for dates and locations.

Lymph Drainage Therapy™ I

- AZ: Phoenix — June 7-10, 2001
- CA: Big Sur — May 27-June 1, 2001
- Los Angeles — Feb. 1-4, 2001
- San Diego — July 19-22, 2001
- San Francisco — Jan. 6-9, 2001
- CO: Colorado Springs — Mar. 29-Apr. 1, 2001

- DC: Washington — Feb. 1-4, 2001
- FL: Palm Beach — Nov. 30-Dec. 3, 2000
- Sarasota — Aug. 2-5, 2001
- Tampa — June 14-17, 2001
- HI: Maui — May 10-13, 2001
- IL: Chicago — Feb. 22-25, 2001
- IN: Indianapolis — Apr. 5-8, 2001
- MA: Boston — Feb. 16-19, 2001
- MD: Baltimore — Mar. 15-18, 2001
- MN: Minneapolis — June 21-24, 2001
- MO: St. Louis — Jan. 25-28, 2001
- NE: Omaha — June 28-July 1, 2001
- NY: Buffalo — Apr. 19-22, 2001
- New York — July 19-22, 2001
- OH: Akron — Apr. 26-29, 2001
- Cincinnati — Jan. 11-14, 2001
- Dayton — July 26-29, 2001
- PA: Philadelphia — June 7-10, 2001
- State College — Mar. 1-4, 2001
- TN: Nashville — June 21-24, 2001
- TX: Houston — Mar. 8-11, 2001
- UT: Salt Lake City — Mar. 8-11, 2001
- WA: Seattle — Jan. 18-21, 2001
- WI: Appleton — Dec. 7-10, 2000
- Canada: Ottawa — Apr. 5-8, 2001
- Toronto — Feb. 15-18, 2001
- Vancouver — May 24-27, 2001

Lymph Drainage Therapy™ II

- CA: San Francisco — May 17-20, 2001
- CT: Hartford — Mar. 15-18, 2001
- DC: Washington — Aug. 11-14, 2001
- TX: Austin — Apr. 19-22, 2001

Lymph Drainage Therapy™ III

- CA: San Diego — July 19-22, 2001
- FL: Palm Beach — Nov. 30-Dec. 3, 2000
- TX: Dallas/Ft. Worth — Apr. 5-8, 2001

Advanced Lymph Drainage Therapy™ **New!**

Please call for dates and locations.

Heart-Centered Therapy

- OR: Bend — Nov. 16-19, 2000

LDT's Bandages, Garments & Tools for Lymphedema Management

- MA: Boston — Dec. 7-10, 2000

Lymphedema/CDP Certification

- MA: Boston — Dec. 11-12, 2000

LDT's Bandages & Tools for Lymphedema/CDP Certification

- FL: Palm Beach — Apr. 19-24, 2001

NMT Introduction to Care of Cervical Spinal Muscles

Please call for dates and locations.

NeuroMuscular Therapy for the Posterior Spinal Muscles

- CO: Colorado Springs — Mar. 9-11, 2001
- FL: St. Petersburg — Feb. 23-25, 2001

NeuroMuscular Therapy for the Upper Extremity

- CO: Colorado Springs — May 18-20, 2001

- FL: Ft. Myers — Dec. 1-3, 2000
- St. Petersburg — Apr. 27-29, 2001
- NC: Jamestown — Feb. 16-18, 2001
- TN: Nashville — Dec. 1-3, 2000

NeuroMuscular Therapy for the Lower Extremity

- CO: Colorado Springs — July 20-22, 2001
- FL: Orlando — Dec. 10-12, 2000
- NC: Jamestown — May 4-6, 2001
- PA: Erie — Dec. 1-3, 2000
- WA: Seattle — Feb. 9-11, 2001

NeuroMuscular Therapy for the Cranium & Anterior Spinal Muscles

- FL: Orlando — Feb. 11-13, 2001
- MO: St. Louis — Nov. 17-19, 2000
- NC: Jamestown — July 27-29, 2001
- PA: Erie — Feb. 23-25, 2001
- WA: Seattle — May 4-6, 2001

Applications of the Feldenkrais® Method for CST Therapists

- FL: Orlando — Mar. 15-18, 2001

Self-Corrective Mechanisms I: Introduction to Feldenkrais®

- CA: Laguna Beach — Apr. 12-15, 2001

Self-Corrective Mechanisms III: Spinal Mobilization

Please call for dates and locations.

Self-Corrective Mechanisms IV: Feldenkrais® and CranioSacral Therapy

- CA: Laguna Beach — Jan. 18-21, 2001

Self-Corrective Mechanisms V: Feldenkrais® and Developmental Movement

- CA: Laguna Beach — Mar. 1-4, 2001

Supporting the Compassionate Heart - Core Building

- FL: Palm Beach — Apr. 22-24, 2001
- PA: Allentown — Dec. 1-3, 2000

Core Zero Balancing®, Segs. I & II

- AZ: Tucson — Mar. 8-11, 2001
- CO: Boulder — May 4-7, 2001
- CT: Newington — Nov. 16-19, 2000
- DE: Rehoboth Beach — May 17-20, 2001
- FL: Hallendale — Feb. 24-27, 2001
- IA: Des Moines — Apr. 5-7, 2001
- Iowa City — Nov. 16-19, 2000
- IL: Chicago — Nov. 9-12, 2000
- KY: Louisville — May 17-20, 2001
- MA: Cambridge — Jan. 19, 21, 27 & 28, 2001
- Watertown — Mar. 15-18, 2001
- MD: Baltimore — Dec. 8-11, 2000
- Columbia — May 5-8, 2001
- MS: Waveland — Mar. 17-18 & 24-25, 2001
- NJ: Cape May Point — Feb. 22-25, 2001
- NY: New York — Jan. 18-21, 2001
- Rochester — Oct. 26-29, 2000
- PA: Bloomsburg — Apr. 5-8, 2001
- Chambersburg — Nov. 16-19, 2000
- TX: Austin — Jan. 11-14, 2001
- VA: Charlottesville — Apr. 13-14 & 20-21, 2001

- Mexico: Chihuahua — Jan. 26-30, 2001
- Tepeztlán Morelos — May 11-13, 2001
- Jamaica: Negril — Mar. 15-22, 2001

Zero Balancing Form and Fulcrums

Please call for dates and locations.

Art of Zero Balancing

- TX: Austin — Apr. 19-22, 2001

Art of Zero Balancing, in Desert Color

- CA: Borrego Springs — Feb. 15-21, 2001

Freely Movable Joints

- MA: Watertown — Feb. 8-11, 2001

Deepening Your Contact With Spirit

- MA: Dover — May 11, 2001

Soul Lightening

- Mexico: Guadalajara — Jan. 20-27, 2001

Spirit of the Organs: Zero Balancers the Viscera

- MA: Cambridge — June 7-10, 2001

Geometry of Healing

- AZ: Tucson — Nov. 30-Dec. 3, 2000
- MA: Dover — May 12-15, 2001

Advanced Zero Balancing

- Jamaica: Negril — Mar. 22-29, 2001
- Mexico: Chihuahua — Feb. 1-3, 2001

Zero Balancing - Intensive Certification Program

Please call for dates and locations.

Basic Acupressure **New!**

- CA: Borrego Springs — Dec. 8-10, 2000

Process Acupressure Practicum

Please call for dates and locations.

PA 1: Essence

- CA: Corralitos — Mar. 1-4, 2001
- MD: Baltimore — Mar. 29-Apr. 1, 2001
- NY: Saugerties — Jan. 4-7, 2001

Advanced PA 1: Progressed Process

- CA: Corralitos — May 3-6, 2001
- CO: Boulder — Apr. 5-8, 2001
- FL: Coral Gables — Feb. 16-19, 2001
- NY: Saugerties — May 31-June 3, 2001

PA 2: Parts of the Whole

- CA: Corralitos — Jan. 25-28, 2001
- Corralitos — July 12-15, 2001
- FL: Coral Gables — Apr. 19-22, 2001
- PA: Philadelphia — May 5-8, 2001

PA 3: The Hologram

- CA: Borrego Springs — Mar. 30-Apr. 6, 2001

Aston® Therapeutics I

- CA: San Francisco — Nov. 17-19, 2000

Aston® Therapeutics II

Please call for dates and locations.

Bodyworks I

Please call for dates and locations.

Bodyworks II

- NV: Incline Village — Nov. 30-Dec. 3, 2000



Join a Study Group

Share Your Experiences and Sharpen Your Techniques in a Supportive Atmosphere

The study groups listed here have satisfied the requirements to become officially sanctioned by The Upledger Institute. The leaders are either teaching assistants or certified in their therapies, and they've been personally recommended by a UI-certified instructor.

To receive an application to form a UI-approved study group, please call 1-800-233-5880, ext. 89005. All study groups shown here were approved as of July 31, 2000. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than Nov. 1, 2000.

ARIZONA

Cave Creek
Neil Woodward, PT, CST-D
Phone: 480-488-5934
Focus: CSI-SERII

Sedona
Neil Pinholster, LMT
Phone: 520-541-0736
E-mail: macpin@msn.com
Focus: CSI

Tucson
Candice Strack, OTR/L, CST
Phone: 520-546-9242
Focus: CSI-SERII

CALIFORNIA

Berkeley, San Francisco Bay Area & Santa Cruz
Michael Wagner, CMT
Phone: 415-457-6392
Focus: VMIA-VMII

Berkeley, San Francisco Bay Area & Santa Cruz
Karen Clarke, CMT
Phone: 831-427-2022
E-mail: kare@sasquatch.com
Focus: CSI-SERII

El Cerrito
Nancy Burke, CMT
Phone: 510-526-0115
Fax: 510-526-9553
Focus: CSI-SERI

Hayward
David Harnage
Phone: 510-582-2507
Focus: CST

Los Angeles & Marina del Rey
Teresa Gaffin, BBA, LMT, CST
Phone: 310-915-3054
Focus: CSI-ADV

Mill Valley
Aria Rose, MA, CMT, CST
Phone: 415-381-8314
E-mail: ariarose@earthlink.net
Focus: CSI-ADV

Oakland & Sacramento
Dean Chang, BS, CMT
Phone: 916-486-1420
E-mail: dpchang@softcom.net
Focus: LDT

Oregon House
Karin Day, PT
Phone: 530-692-0601
E-mail: back2balance@syix.com
Focus: CSI

San Diego
Ellen Gayle Sovinee, HHP, CST
Phone: 858-693-3677
E-mail: holsymm@adnc.com
Focus: CSI-CSII

San Luis Obispo
Celeste M. Varas de Valdes, CMT, CST
Phone: 805-995-2443
E-mail: CranioSacralThyp@aol.com
Focus: CSI-ADVI

Ventura
Tricia Fortina, MT, BSW, CST
Phone: 805-933-1023
Focus: CSI-ADVII

COLORADO

Boulder
Pat Dorsey, CMT
Phone: 303-665-1224
E-mail: lsvlmass@aol.com
Focus: ZB

CONNECTICUT

Hartford
Anna Wiedeler, PT, MS, CACST
Phone: 860-688-2954
E-mail: innerdir@aol.com
Focus: CSI

Torrington
Verilee Herpich
Phone: 860-482-4036
E-mail: vherpich@snet.net
Focus: ZB

DISTRICT OF COLUMBIA

Washington
Ronald Murray, PT, ND, PMD
Phone: 202-966-0933
E-mail: cranial97@aol.com
Focus: CSI-SERII

FLORIDA

Aventura
Harvey Grossbard, OMD, AP
Phone: 305-937-2281
E-mail: omddoc@gate.net
Focus: CSI-ADV

Ft. Lauderdale
Pamela Brudno, LMT
Phone: 954-402-0048
Focus: CSI

Jacksonville
David Dolan, LMT
Phone: 904-826-3927
E-mail: ddolan1@bellsouth.net
Focus: CSI-ADV, CSP, TBS

Jupiter
Nancy Westphal, LMT, CST
Phone: 561-622-4706
Focus: SERII

Orlando
Jill Mabry, LMT
Phone: 407-774-7744
E-mail: mabryfd@gateway.net
Focus: CST

Palm Beach Gardens
The Upledger Institute HealthPlex
Clinical Services
Cloé Couturier, LMT/CO, CST
Phone: 561-622-4706
E-mail: upledger@upledger.com
Focus: CSI-ADV

Sarasota
Jacqueline Riker, LMT
Phone: 941-922-8874
E-mail: AngelPowr9@aol.com
Focus: ADVI-II

Tampa
Dottie Marvel, MT, LMT, CST
Phone: 813-839-7864
E-mail: csthands@aol.com
Focus: CSI-CSII

Tampa
Betty Lamb, BS, LMT
Phone: 813-876-5114
Focus: CSI

GEORGIA

Atlanta
Maureen Grady, MA, LMT, ABMP
Phone: 770-394-5692
E-mail: craniosacral@mindspring.com
Focus: CSI-ADV

ILLINOIS

Chicago
Rosan Hepko, MSN
Phone: 847-733-9900
E-mail: rhepko@quixnet.net
Focus: CSI-SERI

Chicago
Michael Regan
Phone: 847-808-8424
Mary Murphy, CMT, CST
Phone: 847-318-2860
E-mail: sagether1@aol.com
Focus: ZB

Woodstock
Dodie Corcoran, CMT
Phone: 815-337-5704
Focus: CST

INDIANA

Indianapolis
Carol Fienhage, OTR/L
Phone: 765-288-7678
E-mail: fienhage@indy.net
Focus: CSI-SERII

Indianapolis
Eve Earley, DC
Phone: 317-257-7282
E-mail: eveearley@indy.net
Focus: CSI

IOWA

Fairfield
Michael Morgan, LMT, CST-D, & Karen Schele, RN
Phone: 515-472-0939
E-mail: michaelm@kdsi.net
Focus: CST

KANSAS

Wichita
Patrick Speer, CMT
Phone: 316-721-8061
E-mail: patrickeaglecst@yahoo.com
Focus: CST

MARYLAND

Baltimore
Tom Nichols, PT
Phone: 410-521-2200, ext. 5482
E-mail: tomnich@earthlink.net
Focus: CSI-SERI

Frederick
Lori Lossman, CMT
Phone: 301-631-2227
E-mail: lorilcmt@juno.com
Focus: CST

MASSACHUSETTS

Boston
Linda Squires, DC
Phone: 617-734-4455
Focus: ZB

Legend

ADV	=	Advanced I CranioSacral Therapy
ADVII	=	Advanced II CranioSacral Therapy
AVM	=	Advanced Visceral Manipulation
AVMII	=	Advanced Visceral Manipulation II
CSI	=	CranioSacral Therapy I
CSII	=	CranioSacral Therapy II
CSP	=	CranioSacral Therapy for Pediatrics
CST	=	CranioSacral Therapy
LDT	=	Lymph Drainage Therapy
SERI	=	SomatoEmotional Release I
SERII	=	SomatoEmotional Release II
TBS	=	The Brain Speaks
VM	=	Visceral Manipulation
VMIA	=	Visceral Manipulation IA
VMIB	=	Visceral Manipulation IB
VMII	=	Visceral Manipulation II
ZB	=	Zero Balancing

Fall River
Susan Cotta, PT
Phone: 508-677-0626
E-mail: suecotta@aol.com
Focus: CST

Great Barrington
Randi Haskins, PT
Phone: 413-644-9474
E-mail: jhask@bcn.net
Focus: CSI-SERII

Greenfield
Lisa Berger, LAC
Phone: 413-774-5972, ext. 112
E-mail: LisaJane@aol.com
Focus: ZB

Hanover
Dorinda Galbraith, PT
Phone: 781-982-2654
E-mail: sharbel79@aol.com
Focus: CSI-ADV, VMIA-AVMII

Northampton
Avadhan Larson, LAC, LMT, CST-D
Phone: 413-582-0123
E-mail: larsons@javanet.com
Focus: CSI-ADV

MICHIGAN

Ann Arbor
Martha Smith, CHT, CMT
Phone: 734-994-2950
E-mail: martha_smith@msn.com
Focus: CSI-ADV

Ann Arbor
Cathie Griwatsch, NCTMB
Phone: 734-699-7938
Focus: CST

Coldwater
Lauri Rowe, MA, NCTMB
Phone: 517-279-7385
E-mail: ljrowe@cbpu.com
Focus: CSI

Farmington
Gerilyn Gruzowski,
Phone: 248-624-2460
E-mail: ggruzowski@aol.com
Focus: CST

Grand Blanc
Paula Jones, CMT, LPN
Phone: 810-695-1757
E-mail: jpaul@red.com
Focus: CST

Shepherd
Charles Ulmer, CMT, CST-D
Phone: 517-828-4776
E-mail: culmer@voyager.net
Focus: CSI-SERII

Warren
Connie Eiland, PT, Cert. ZB
Phone: 313-343-8808
Rebecca Scott, CMT
Phone: 810-756-4670
Fax: 313-343-8862
Focus: ZB

MINNESOTA

Minneapolis
Carolyn Liarakos, CMT
Phone: 612-922-9582
E-mail: CLiarakos@aol.com
Focus: CST

Minneapolis
Karla Mueller, MsT, CST
Phone: 612-825-9891
E-mail: KMSparkles@aol.com
Focus: CSI-ADV

MISSOURI

Columbia
Sherry Borcherding, MA,
OTR/L, CST
Phone: 573-449-1570
E-mail: borcherdings@health.mis-
souri.edu
Focus: CST

St. Louis
Susan Costa, CMT
Phone: 314-832-0279
E-mail: rcosta@stlnet.com
Focus: CSI

St. Louis
Constance Perretta, LMT, RMT
Phone: 314-984-8265
Focus: CSI-SERII

MONTANA

Helena
Phil Robison, Zen Shiatsu
Practitioner
Phone: 406-449-5541
E-mail: montana@fullpower.org
(attn.: Phil Robison)
Focus: CSI

NEBRASKA

Omaha
Tricia Fortina, MT, BSW, CST
Phone: 805-933-1023
Focus: CSI-ADVII

Omaha
Ardyne Solomon, LMT
Phone: 402-333-6617
Fax: 402-333-6777
Focus: ZB

NEW HAMPSHIRE

Rochester
Don Ash, PT, CST-D
Phone: 603-332-1881
E-mail: ASHPT@aol.com
Focus: CST

NEW JERSEY

Cape May Court House
Linda Foster, NCTMB, CST-D
Phone: 609-465-4723
E-mail: lhfoster@hotmail.com
Focus: CSI-ADV

Edison
Susan Ring, NCTMB
Phone: 732-777-7375
E-mail: sring4992@aol.com
Focus: CSI

Madison
Linda Heisler-Clancy, LMT
Phone: 973-822-2444
E-mail: lindahc@injersey.com
Focus: CSI-CSII, MFR

Morris County
Peg Dougherty, MA, CMT
Phone: 973-822-3110
E-mail: mdough3803@cs.com
Focus: CSI-CSII

Tenafly
Phyllis Gordon, OTR
Phone: 201-569-6288
E-mail: plgjr@earthlink.net
Focus: CSI-ADV

NEW MEXICO

Corrales
Maggie Mathisen, LMT
Phone: 505-898-7853
E-mail: mmathis@nmia.com
Focus: CST

NEW YORK

Hicksville
Hollie Stott, BA, LMT, CAT
Phone: 631-598-3865
E-mail: balancedqj@aol.com
Focus: CSI

Hudson & New York City
Phyllis Hjorth, LMT
Phone: 518-822-0556 or
212-265-1020
Focus: CSI-SERII

New York City
Kenneth I. Frey, PT, CST-D
Phone: 212-245-1700
Fax: 212-246-4964
Focus: VMIA-VMII

New York City
Anne Hammel, CAT
Phone: 212-254-3442
E-mail: tickleanne@mindspring.com
Focus: CSI-SER

Ossining
Elizabeth Pasquale, LMT
Phone: 914-762-4693
E-mail: liz32983@juno.com
Focus: CST

Rochester
Nancy Wierowski, PT
Phone: 716-787-9798
Fax: 716-787-9799
Focus: CSI-SERII

NORTH CAROLINA

Charlotte & Wilmington
Joan Farrenkopf, CST
Phone: 913-313-1800
E-mail: joan@wilmington.net
Focus: CST

Matthews
Jo Ann Nealis, LMT
Phone: 704-841-3885
E-mail: redhawk@gateway.net
Focus: CSI-II

Raleigh
Clara Tavarez, LMT
Phone: 919-981-0795
E-mail: healingh@bellsouth.net
Focus: CST

Salisbury
John Green, LMT
Phone: 704-647-0060
Focus: CST

OHIO

Cincinnati
Elaine Stapleton, MT, CST
Phone: 513-271-3976
E-mail: revwillda@aol.com
Focus: CSI-SERII

Toledo
Gregory Miller, DO
Phone: 419-578-2133
E-mail: gmwuwei@aol.com
Laurie Miller, RN
419-578-2133
E-mail: ldbuddyboy@aol.com
Focus: CSI-ADV

OREGON

Ashland
Judith Sanford, LMT, CST
Phone: 541-858-4459, vm
E-mail: judith22@email.com
Focus: CSI-ADV

Eugene
Cindy Bloom, CMT
Phone: 541-484-5177
E-mail: zengarden@earthlink.net
Focus: CSI

Portland
Carol A. Gray, LMT, Doula
Phone: 503-236-2999
E-mail: carolag@e-z.net
Focus: CSI-ADV

Portland
Jeff Ryder, DC
Phone: 503-464-0226
E-mail: jryder@teleport.com
Focus: VMIA

PENNSYLVANIA

Bethlehem
Penny Reiss Rhodes, CMT, CST-D
Phone: 610-398-0803
E-mail: pennyrho@aol.com
Gene Miller, AHP
Phone: 610-614-0998
E-mail: gnmil@earthlink.net
Focus: CSI-ADV

Chambersburg
Ethel Nelson, PT
Phone: 717-267-7715
E-mail: enelson@innernet.net
Focus: CSI-II

Hanover
Susan Shell, OTR/LMT
Phone: 717-697-9761
Fax: 717-632-3369
Focus: CSI-SERII

King of Prussia
Zora Natanblut, PhD, PT
Phone: 610-989-1777
E-mail: zorapt@aol.com
Focus: CSI-ADV

Pittsburgh
Kimberly June, LSW, CMTPT
Phone: 412-563-0680
E-mail: eddyg@bellatlantic.com
Focus: CSI-SERII

State College & Williamsport
Beth Shafranko, CMT
Phone: 570-321-8440
E-mail: shafrankob@cs.com
Focus: CSI

Waverly
Norma Hayhurst, RN, CHT
Phone: 570-563-0245
E-mail: Hay@epix.net
Focus: CSI-CSII

RHODE ISLAND

Providence
Susan Steiner, OTR/L, CST-D
Phone: 401-831-0985
E-mail: ssotr@worldnet.att.net
Focus: CSI-SERII

SOUTH CAROLINA

Charleston & Hilton Head
Susan Wing-Stier, ND, LMT
Phone: 843-681-6527
Focus: CSI

TENNESSEE

Memphis
Juanell Lemon, LMT
Phone: 901-624-5757
E-mail: juanell1@bellsouth.net
Focus: CST

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Study Groups

Continued from page 11

Nashville
Christine Ackerson, MT
Phone: 615-591-9996
E-mail: chrisack@bellsouth.net
Focus: CST

TEXAS

Dallas
Joanne Bond, RMT
Phone: 972-278-3700
Fax: 972-278-6414
Focus: CST

Plano
Pam Kapoor, RMT
Phone: 972-964-5912
E-mail: pamkapoor@yahoo.com
Focus: CSI

VERMONT

South Royalton
Priscilla Downey, PT
Phone: 802-763-9900, vm104
Focus: CSI-ADV

VIRGINIA

Charlottesville
Maureen O'Neil, CMT
Phone: 804-242-2757
E-mail: moneilcst@aol.com
Sue Bovenizer, MT, CST
Phone: 804-984-0764
E-mail: sueb@mindspring.com
Focus: CST

Reston
Suzanne Scurlock-Durana, CST-D
Phone: 703-620-4509
E-mail: sscurlockd@erols.com
Focus: CSI-ADV

Virginia Beach
Linda Tingle, CNMT
Phone: 757-431-0711
E-mail: athealth@erols.com
Focus: CSI-ADV

WASHINGTON

Bellingham
Tim Hutton, PhD, LMP, CST-D
Phone: 360-734-1560
E-mail: hutton@memes.com
Focus: CSI-CSII

Port Angeles
Joan Gloor, LMP, PTA
Phone: 360-452-3633
Focus: CSI

Seattle
Nicholas Night, PTA/LMP, CST
Phone: 206-368-0424
E-mail: whthera@hotmail.com
Focus: CSI-SERII

Spokane
Shauna Burchett, OTR/L
Phone: 509-327-4668
E-mail: rjburchett@aol.com
Focus: CSI

WISCONSIN

Milwaukee
Karla Mueller, MsT, CST
Phone: 612-825-9891
E-mail: KMSparkles@aol.com
Focus: CSI-ADV

Milwaukee
Carol Alvarez, CMT
Phone: 414-289-0765
E-mail: wholebodbalcent@big-planet.com
Focus: CSI

Steven's Point
Fred Anderson, PsyD
Phone: 715-342-4180
E-mail: fredand@wctc.net
Focus: CST

AUSTRALIA

Melbourne
Rebecca Parker
Phone: 61 03 9332 7347
E-mail: riparker@ozemail.com.au
Focus: CSI

CANADA

Kamloops, BC
Cassie Caroline Williams, PhD, RPOB, CST
Phone: 250-372-1663
E-mail: cwms@kamloops.net
Focus: VM/CST

London, ON
Brenda Rosenberg, PT, CST
Phone: 519-434-2228
E-mail: potential@execulink.com
Focus: CSI

Montreal, PQ
John Glenn, CPWE, RPP
Phone: 514-332-0183
E-mail: somatics@sympatico.ca
Focus: CSI-SERII

North York, ON
Magdalena Jara, Dr Ac
Phone: 416-614-3797
E-mail: harmony@the-wire.com
Focus: CSI-SERII

South Surrey, BC
Joanne Johnson, HHP
Phone: 604-218-0466
E-mail: joanne@xcellinternet.com
Focus: CST

Toronto, ON
Teresa Stebbing, RMT
Phone: 416-365-1016
E-mail: hhands@massage.ca
Focus: CST

Vancouver, BC
Annabel Mackenzie, CSP
Phone: 604-261-9588
Fax: 604-254-0107
Focus: VM

Vancouver, BC
Brenda Pulvermacher, BSc, CSP
Phone: 604-987-0751
E-mail: jmathias@direct.ca
Focus: CSI

Winnipeg
Tanis Moore
Phone: 204-376-5314
E-mail: tanism@mb.sympatico.ca
Genora Whitworth, LMT
Phone: 204-832-2169
Focus: CST

NEW ZEALAND

Dunedin, Otago
Nellie Ralston
Phone: 64 03 473 0095
Fax: 64 03 473 0062
Focus: CST

Note: Please contact the study group contact directly regarding space availability, prerequisites, dates and times, as details sometimes change. A nominal fee may also be charged.

Advanced II CranioSacral Therapy



Palm Beach Gardens, Fla. – March 27-31, 2000

Front row (l-r): John Rashkind, CTAT; Martha Smith, CHT, CMT; Charles Ulmer, CST. Back row (l-r): John E. Upledger, DO, OMM (instructor); Michael Morgan, LMT, CST-D (preceptor); Graham Bass, RN, MA, CS; Patricia Shea, DC; Gerda Swearengen, MhD, DD; Diane Jordan, DC; Elaine Stapleton, MT; Swarn Khalsa, NCTMB, CST; LuviaJane Swanson, DC; Susan Gibson, LMT (preceptor).

Upledger Institute Speaking Engagements

✓ **November 4-5, 2000**

AMTA North Carolina Chapter
Fall Meeting
Sunset Beach, NC
Molly Clark, PT, RMT, CST – “Lymph
Drainage Therapy: A Breakthrough in
Lymph Drainage Techniques”

✓ **November 4, 2000**

AMTA Pennsylvania Chapter Fall Meeting
King of Prussia, PA
Beverly Cook, LMT – “Lymph Drainage
Therapy: A Breakthrough in Lymph
Drainage Techniques”

✓ **December 15, 2000**

FCA Winter Meeting
Ft. Lauderdale, FL
Gayle Mya Breman, MSW, LMT
“ShareCare: An Introduction to
CranioSacral Therapy”

Milestones

Congratulations and Well Wishes

- A.J. de Koning, DO, is now certified as an Advanced Visceral Manipulation instructor.
- Monique Bureau, BSc, PT, is now certified as a Mechanical Link I instructor.
- Lisa Polec, DC, and Mark Bloemberg, PT, are now certified as Visceral Manipulation IA instructors.

New Births

- Shane Thomas, son of UI curriculum director Kathy Lewis-Woll and husband Craig Woll, LMT
- Callie Ann, daughter of UI meeting planner JoAnn Hambuechen and husband Garrett
- Connie, daughter of UI educational services representative Jennifer Kavensky and her husband Ken.
- Ryan, son of UI graphic designer Stephanie Haas and her husband Kyle.

New Certified CranioSacral Therapy Teaching Assistants

- Catherine Adachi, PT
- Ellen Adler, OTR/L
- Suzanne Bovenizer, MT, CST
- Richard Hofner, MS, PT, ATC

Now Certified in CranioSacral Therapy Techniques Level:

- Suzanne Bovenizer, MT, CST
- Joanna Crill-Dawson, MCSP, CST
- Denise Gaulin, BA, CST
- Richard Hofner, MS, PT, ATC, CST
- Nuala O'Rourke, LMT, RX, CST
- Constance Perretta, LMT, RMT, CST
- Christopher Slate, MT, CST
- Jackie Steuber, PT, CST
- David Tomlinson, RMT, CST

Diplomate Level:

- Susanne Ahrens-Engemann, CST-D
- Rene Assink, CST-D
- Nikki Campbell, CST-D
- Carola Freier-Borchers, CST-D
- Thomas Gross, CST-D
- Astrid Kulas, PT, CST-D
- Gert Groot Landeweer, DO, CST-D
- Rebecca Ridge, MA, LMT, CST-D
- Ania Stang, MS, LMT, CST-D
- Candice Strack, OTR/L, CST-D
- Bernhard Voss, PT, CST-D
- Stefan Höppner, CST-D



Nikki Campbell



Stefan Höppner, CST-D

2000 HealthPlex Clinical Services Intensive Therapy Programs

Brain & Spinal Cord Dysfunction: Improving Structure and Function

Two-Week Programs: Oct. 2-13, 2000; Nov. 6-17, 2000; Nov. 27-Dec. 8, 2000; Dec. 11-22, 2000

Therapist Rejuvenation: Replenishment and Renewal

One-Week Program: Oct. 30-Nov. 3, 2000

Dissolving Grief: Lifting the Veil of Depression

One-Week Program: Oct. 23-27, 2000

Shared Healing: Harmonizing the Emotional Link

Please call for dates.

Addictive Behaviors: Uncovering the Cause

One-Week Program: Oct. 16-20, 2000

Post-Traumatic Stress Disorder: Vietnam Veterans

Please call for dates.

Autism: Initiating Developmental Gains

Please call for dates.

Learning-Disabled Children: Facilitating Success

Please call for dates.

*To register or for more information, please call
UI HealthPlex Clinical Services at 561-622-4706.*

Books and Products To Support Your Healthcare Practice

Adoption Wisdom: A Guide to the Issues and Feelings of Adoption by Marlou Russell, PhD

This book is for anyone who wants to know more about the realities of adoption. Offers insight and understanding of adoptees, birth parents and adoptive parents. (soft cover) \$14.95

Handbook of Neonatal Intensive Care, 4th Edition, by Gerald B. Merenstein and Sandra L. Gardner

Offers insight from both major fields of health-care: medicine and nursing. The authors present physiological principles and practical applications while pointing out areas still unresolved. (soft cover) \$46.95

Infant Massage: Building Loving Communication Audiotape by Olivia di Khetaa, MA, MFA, LMT

The companion cassette to Vimala McClure's book *Infant Massage: A Handbook for Loving Parents*. Side A: The Basics – Gas & Colic Relief Routine, Gentle Movements, Rhymes. Side B: The Massage – Bengali Lullaby. (one audiotape) \$11.95

The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction by Carol Stock Kranowitz, MA

Sensory Integration Dysfunction has only recently been widely recognized among doctors and psychologists. This guide offers comprehensive, easily understood information on SI Dysfunction, and a drug-free treatment approach for children who need help. (soft cover) \$14.00

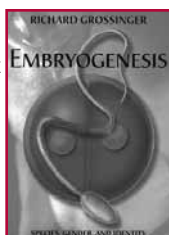


Your Guide to Complementary Medicine by Larry P. Credit, OMD, Sharon G. Hartunian, LICSW, and Margaret J. Nowak, CMT

This comprehensive reference clearly explains numerous approaches to complementary medicine in an easy-to-read, quick-reference format. (soft cover) \$10.95

Embryogenesis: Species, Gender, and Identity by Richard Grossinger, PhD

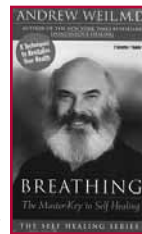
Embryology lies at the heart of modern humanity's search for identity. The stages of the embryo bring our minds, bodies and spirit into matter and fuse them,



through gestation, with the primordial and epochal events of this planet. Richard Grossinger explores the process of embryogenesis, and the meanings and metaphors we attach to it. (hard cover) \$75.00

Breathing: The Master Key to Self-Healing Audiotape Set by Andrew Weil, MD

Best-selling author and physician Andrew Weil guides you through the benefits of breathwork. To learn the art of healthy breathing, he turned to Eastern traditions that view the breath as a vital link to universal energy. In easy-to-follow language, he explains the secret of breathwork's power over your health, and its remarkable ability to influence and even reprogram the nervous system. (two tapes, 120 min. total) \$18.95



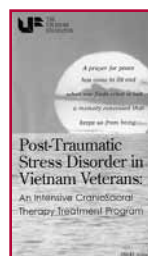
Ten Step Protocol Mini Poster by John E. Upledger, DO, OMM

8 1/2" x 11" laminated desktop version of the classic 10-Step Protocol poster. A great tool for both therapist and patient, it graphically illustrates the steps of Dr. Upledger's protocol for the evaluation and care of the craniosacral system. \$5.00



Post-Traumatic Stress Disorder in Vietnam Veterans: An Intensive CST Treatment Program Video

In 1993, The Upledger Foundation sponsored an intensive therapy program for Vietnam veterans suffering from Post-Traumatic Stress Disorder (PTSD). Fueled by the success of that pilot program, The Upledger Foundation conducted an official PTSD study in 1999 using CranioSacral Therapy and SomatoEmotional Release®. This video documents the profound results of both programs. (40 min.) \$10.00



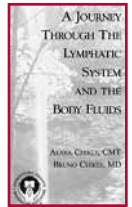
Discover CranioSacral Therapy for Infants and Children Brochures

Presents a consumer-friendly introduction to CranioSacral Therapy: how it works, where it comes from, and why it's so crucial to children. (packet of 100) \$25.00



A Journey Through the Lymphatic System and the Body Fluids Audiotape by Bruno Chikly, MD (France)

An imaginative journey into the lymphatic system designed to increase your understanding of its physiology and how it connects to blood flow. Also explores the fluid model vs. the solid model in a way that may change the way you perceive your body. (one audiotape, 46 min.) \$15.00



The Art of Effortless Living by Ingrid Bacci, PhD

Learn to dissolve conscious and unconscious stress through simple techniques that replace effort with effortlessness. The result? A more rewarding lifestyle that leads to physical vitality, increased productivity, creative relationships, and the freedom to express your best self. (hard cover) \$22.95

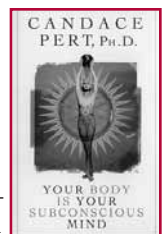
Music of Light/Auric Sounds CD Set by Valerie Hunt, PhD

This new CD set offers most of the same pure auric-field frequencies harmonically blended with favorite classic and contemporary music found on Dr. Hunt's five-tape series. Designed to replenish the human energy field, improve vitality, and stimulate feelings of well-being. (two CDs) \$65.00



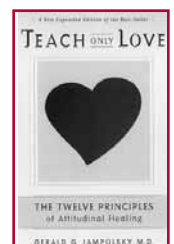
Your Body is Your Subconscious Mind Audiotape Program by Candace Pert, PhD

Dr. Pert describes her efforts over the past two decades to decode the "information molecules," such as peptides and their receptors, that regulate every aspect of human physiology. Her model has unlocked the secret of emotions and how they literally transform our bodies and create our health. (two audiotapes, 150 min. total) \$18.95



Teach Only Love: The Twelve Principles of Attitudinal Healing by Gerald Jampolsky, MD

Explains twelve principles based on the healing power of love, forgiveness and oneness. They provide a



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CranioSacral Billing/Training Seminar. Join us in Jacksonville, FL, to learn how to document CST sessions & effectively bill insurance co.'s. Utilizes LMT/CST David Dolan's book Insurance Reimbursement & Specialty Physician Referrals sold by UI. 904-826-1641 or www.dolanhealth.com.

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The *UI UpDate* reaches more than 40,000 therapists interested in the field of complementary healthcare. The cost to run a classified ad is \$5.00 per 30 characters, which includes punctuation marks and spaces. To submit a classified ad, fax your request to the Newsletter Editor at 561-622-4771.

powerful guide that allows us to heal our relationships and bring peace and harmony to every aspect of our lives. (soft cover) \$12.95

Working With Emotional Intelligence by Daniel Goleman, PhD

Presents the single most important factor in job performance and advancement: emotional intelligence. Yet emotional intelligence is actually a set of skills anyone can acquire. In this practical guide, Daniel Goleman identifies them, explains their importance, and shows how they can be fostered. (soft cover) \$15.95

The Call of Solitude: Alonetime in a World of Attachment by Ester Schaler Buchholz, PhD

Alonetime is a great protector of the self and the human spirit – yet finding moments to catch up with ourselves seems almost impossible.

The Call of Solitude shows you how plenty of alonetime awaits you if you know how to make the necessary adjustments. (soft cover) \$22.00

Touching: The Human Significance of the Skin by Dr. Ashley Montagu

Offers a moving and absorbing examination of the importance of tactile interaction – touching – on all facets of human development. (soft cover) \$16.00

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The Upledger Institute's International Satellites/Affiliates:

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• **Australia**

South Australia: Mark Elford, PT
Phone: 61 08 8339 4322
E-mail: varbon@bigpond.com

Victoria: Rebecca Parker
Phone/Fax: 61 03 9332 7347
E-mail: riparker@ozemail.com.au

Queensland: Susie Spratt
Phone/Fax: 61 07 4638 2404
E-mail: holisticlife@hypermax.net.au

• **Austria:** Marianne Schauerl
Phone/Fax: 43 316 760961
E-mail: upledger@styria.com

• **Belgium:** Luc van Eupen, DO
Phone: 32 1430 2397; Fax: 32 1430 4598
E-mail: upledger.uib@pandora.be

• **Brazil:** Jussara De Avellar Serpa
Phone: 55 21 431 3211
E-mail: jussara@alternex.com.br

• **Germany:** Gert Groot Landeweer, DO
Phone: 49 450 46336; Fax: 49 450 467398
E-mail: upledger@t-online.de

• **Israel:** Gadi Nelinger, PT
Phone: 972 3 5449238; Fax: 972 9 7965251
E-mail: nelinger@zahav.net.il

• **Italy:** Diego Maggio, DO
Phone: 39 0403 728917; Fax: 39 0403 724056
E-mail: diegomaggio@tiscalinet.it

• **Japan:** Hirosuke Ueki, DO
Phone/Fax: 81 3 5940 6151

• **Netherlands (UIE Main Office):** Sanno Visser, DO
Phone: 31 343 514031; Fax: 31 343 512189
E-mail: upledger@xs4all.nl

• **New Zealand:** Sue Mirkin, PT
Phone: 64 3 477 9752; Fax: 64 3 477 9780
E-mail: suemirkin@xtra.co.nz

• **Portugal:** Jose Campos
Phone/Fax: 351 21 453 9130

• **Scandinavia:** Inya L'Orange, PT
Phone/Fax: 47 22 14 06 01

• **Spain:** Jose Luis Perez Batlle, DO
Phone/Fax: 34 958 5204 22
E-mail: cob@valnet.es

• **Switzerland:** Matthias Moesle
Phone: 41 91 780 59 50
Fax: 41 91 780 59 51
E-mail: mail@upledger.com

• **United Kingdom:** John Page, DO, CST-D
Phone: 44 1738 444404
Fax: 44 1738 442275
E-mail: mail@upledger.co.uk



11211 Prosperity Farms Road, D-325
Palm Beach Gardens, FL 33410-3487
1-800-233-5880, ext. 89005



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