

## Take Your Skills a Step Up

Enlightening, upper-level coursework can expand your ability to use your healing touch – and broaden your practice appeal. Many of these classes are only offered once or twice a year, so catch them while you can.

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Use imagery and dialog to better understand the brain and nervous system.

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- Dec. 1-4, 2005 — Palm Beach, FL

Space is limited so register today. Call 1-800-233-5880 or visit [www.upledger.com](http://www.upledger.com). Ask for priority code N1005. For more upper-level workshops, see the Course Calendar on page 8.

# UpD<sup>ate</sup> Upledger

Fall 2005

## Upledger Institute to Hold New Conference Focusing on Children

A 2006 conference will take a fresh look at some of the biggest issues facing today's patient populations — especially children — and the innovative manual approaches that are making an impact. Multidisciplinary Approaches to Myofascial & Developmental Issues (MAMDI) will be held in Albuquerque, New Mexico, on June 9-11, 2006.

Sponsored by The Upledger Institute in association with the *Journal of Bodywork and Movement Therapies*, MAMDI will explore topics ranging from attention-deficit disorder to myalgia and sports-related injuries. Join five specialists in children's health issues to explore challenges and practice techniques that get to the source to correct pain and dysfunction.

### Presenters and Topics



**Leon Chaitow, DO, ND**  
*Naturopathic Nutritional (and Probiotic) Strategies for Children and Naturopathic Hydrotherapy for Children*

Significant research and evidence supports the efficacy of naturopathic approaches to pain in children. In two dynamic sessions, world-renowned pain expert Chaitow covers these approaches through topics that include childhood allergies that produce myalgic symptoms;

the innovative oligoantigenic diet protocol used at a children's hospital in England; probiotics that help the body after antibiotic and steroid use; and Constitutional Hydrotherapy, a non-specific "balancing" approach to reducing pain while potentially enhancing immune function.

**Save Up To  
\$150!**

Register by Nov. 9

Other Discounts  
Available.

See Page 3  
for Details.



**Rebecca Flowers, OTR, BCP, CST-D**  
*CranioSacral Therapy and Kids: Help for Infants and Children of All Ages*

CranioSacral Therapy (CST) is a proven method of facilitating health and healing in children of all ages. A pediatrics specialist, Upledger Institute (UI) HealthPlex clinician and UI instructor, Flowers explains the principles and techniques behind CST that make it especially effective at alleviating traumatic birth disorders, genetic and birth anomalies, neurological disorders, structural problems, and immune system dysfunctions. This session will also feature a hands-on demonstration on a child or infant.



**Sandy Fritz, MS, NCTMB**  
*Therapeutic Manual Soft-Tissue Manipulation Approaches for the Young Athlete*

Children and adolescents who participate in sports have greater potential for injuries such as sprains, strains and contusions. A massage practitioner and stress management educator for nearly 30 years, Fritz validates the use of specifically targeted massage in these cases. Demonstrating practical applications, she

### Look Inside

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# The Visceral Manipulation Report

## Listening for the Answers

A Case Study by Jean Anne Zollars, MA

Terry\* was a 47-year-old school secretary and mother of three who lives three hours away from Albuquerque. She came to my office with the following complaints:

1. Pain down the back of her leg, low back, buttocks and groin
2. Neck tightness
3. Numbness and tingling in the posterior aspect of her left leg and left 4th and 5th fingers
4. Occasional dizziness
5. Frequent nausea
6. Decreased concentration and memory problems
7. Constipation
8. Urinary frequency
9. Night sweats
10. Inability to work, as she could not sit without pain
11. Difficulty turning over, sitting up from lying down, and dressing

Terry did not recall any events that caused the onset of her pain. An MRI diagnosed a herniated disc at the level of L5-S1. She'd been hospitalized for eight days on bedrest and traction. Then she received physical therapy, primarily exercises that gave her some relief. A neurosurgeon recommended surgery, which she rejected as a treatment option.

Her past medical history included:

- Ruptured disc C5-C6 (left) 5-10 years earlier
- Car accident
- Tubal ligation in 1994 with severe allergic reaction to the anesthetic (her heart stopped twice)
- Fall from a horse, which tore her sternum from the ribcage
- Falls on her tailbone, once three years prior and a fractured tailbone at 13-14 years old
- Fall on ice that caused her to hit the back of her head

Terry limped into my office. It was difficult for her to bear weight on her left foot because of the hip and leg pain. She also had quite a bit of muscle spasm in her back, left buttock and left leg.

At first I was reluctant to work with her because of the diagnosis and acuity of her condition. However, I decided to gently "listen" to what presented in her body.

### Course of Therapy

At the beginning I did little direct work on her inflamed sciatic nerve, though I used positioning techniques to help reduce the spasm. Because Terry lived so far away I could only see her two to three days in a row every two weeks. After the first month she also worked with a Feldenkrais/Somatic therapist who helped with movement and body awareness.

Each time Terry came in I did general listening, manual thermal evaluation, local listening, and then followed what I found. At the beginning we worked with liver and pericardial tensions. Some of the tension in this area had to do with held emotional tensions around her father, who had died. I used techniques from the Advanced Visceral Manipulation II\*\* (AVMII) workshop to release and balance these tensions.

Following that we worked with dural tensions in the cervical spine and cranium. The pelvis and sacrum began to change as the listening guided me to the left side of the uterus and the scarring from the tubal ligation. As the tension in the uterosacral ligaments released, her sacrum began to free up.

This area also carried a lot of emotional tension and trauma. Again, I used AVMII techniques to release and balance these tensions. It was then easy to gently mobilize and balance the bladder.

Freeing up her left kidney was important because of its relationship to the urogenital system. After two months, the listening took me to the left sciatic nerve. At that time I began to work more with the neural and dural

tension, both in the sciatic nerves and the spine, using techniques I learned in the Visceral Approach to Trauma and Whiplash\*\* workshop.

A month later the listening brought me to her coccyx, which was very flexed forward. Releasing the sacrococcygeal ligaments and dura mater helped free up her sacrum and left hip.

### Therapeutic Results

Five months later I was working on Terry once every three weeks to help keep her body and mind in balance. At that point she said she wondered if her disc really had been ruptured because she felt so much better. After just two months of treatment (11 sessions) she had gone back to work full-time.

Terry was now walking and moving about easily without pain. Her posture was more symmetrical. Her spinal and lower-extremity range of motion had improved considerably. When her stress increased she still had some pain in her left buttocks and occasionally in her mid-thoracic region. But she no longer had numbness in her left leg or hand.

Urinary frequency had also decreased. Constipation was less of a problem. She no longer experienced dizziness or nausea. She'd been counseled about changing her dietary habits and still got into trouble when she ate poorly. However, she made big leaps in internal awareness and emotional balance.

She told me that one of her biggest benefits had been letting go of the difficult attachments with her father. Her relationship with her husband had also gone through significant changes in the process.

### Conclusions

Because Visceral Manipulation is often used for more chronic conditions rather than symptoms like acute inflammation and spasm, I didn't expect Terry to improve as dramatically as she did.

*Continued on page 11*

# Breakthrough DVD: See the “Inner Life of Life”

Bruno Chikly, MD, DO (hon.) has just released a groundbreaking scientific DVD featuring unique images of living cells in full color and motion that gives therapists the opportunity to explore for the first time “the inner life of life.”

*A Miniature Universe: Matter, Motion & Mind* offers “a new appreciation of the remarkable process of nature that could shift your perception of life,” says Dr. Chikly, project creator. It was produced with a revolutionary new microscope from Richardson Technologies, Inc., which presents living cells at 12,000-15,000 times their actual size, and in greater detail with more precise clarity and contrast than ever seen in live samples before.

“As therapists, we get a very real sense of the inner dance that takes place deep within our bodies on a cellular level,” Dr. Chikly says.

“This astonishing DVD allows us now to strengthen our understanding by actually showing us life the way it is in full color and movement.

“You can see movement of mitochondria, the wobbling of red corpuscles, changes inside the nucleus, the making of genetic material, DNA releasing proteins. You can see the cell membranes moving. When you see it you’ll have a hard time finding words to describe it. It’s such a breakthrough.”

The DVD is divided into six parts: The Secret of Life, Plant, Animal, Human, Pathology and The Microscope. Cell images range from that of a caterpillar, pond snail egg and tadpole heart to mitochondria, neurons, heart, muscle and cancer.

The concept and title of *A Miniature Universe* was inspired by the work of Andrew Taylor

Narrated by Alaya Chikly, CMT, and developed in collaboration with Richardson Technologies and Francis H.Y. Green MD, Professor of Pathology and Laboratory Medicine at the University of Calgary, Canada.



Still (1828-1917), “the father of osteopathy,” who said in 1896, “I find in man a miniature universe. I find matter, motion and mind... the attribute of mind comprising love, and all that pertains to it.”

To order the *Miniature Universe* DVD, call 1-800-233-5880 and ask for priority code N1005.

## New Conference Focusing on Children

*Continued from front cover*

explains how soft-tissue techniques support the body’s ability to recover after activity, reduce the potential for injury, and can aid medical treatment of injuries.



**Lucy Whyte Ferguson, DC**

*The Hip as the Lynchpin of the Relationship Between the Lower Extremity, the Pelvis and the Lumbar Spine*

Children and young athletes can develop pathomechanical problems in the hip joint as well as myofascial dysfunction of associated muscles due to an injury or disorder. Ferguson, former co-director of the myofascial pain continuing education program at the University of New Mexico School of Medicine, offers integrated therapies for patho-mechanical problems that have resisted conventional treatment. Learn how the therapies offer promise for manual treatment of some infants with hip dysplasia.



**Shannon Goossen, AP, LMT, CMTPT**

*Spray and Stretch Techniques for Young Athletes and Children in Pain*

A new line of non-toxic vapo-coolant products based on Janet Travell’s original Spray and Stretch technique are now being used to treat myofascial pain and dysfunction. Goossen, recent president of the National Association of Myofascial Trigger Point Therapists, demonstrates the proper techniques for applying these new sprays, the indications and contraindications for Spray and Stretch, and how the techniques can relieve acute athletic injuries and post-exercise soreness.

## Conference Highlights Include:

- Lectures and demonstrations by specialists in children’s health issues
- 3-hour hands-on session with Sandy Fritz, author and developer of a student massage clinic with the Detroit Lions
- Trades of Spray and Stretch techniques using new Gebauer products
- Panel discussion featuring a multidisciplinary approach to specific cases
- Free time to network with colleagues and sightsee in New Mexico
- CEUs available in many states

The conference, which will also serve as the annual national meeting of the National Association of Myofascial Trigger Point Therapists, is being held at the Hilton Albuquerque on 14 plush acres with breath-

taking views of the desert and Sandia Mountains. A special rate of \$92/night is available through May 18, 2006.

| REGISTER & PAY BY | REGULAR TUITION | DISCOUNTED TUITION * | CONFERENCE ALUMNI ** |
|-------------------|-----------------|----------------------|----------------------|
| Nov. 9, '05       | \$250           | \$225                | \$175                |
| Mar. 9, '06       | \$290           | \$275                | \$275                |
| May 9, '06        | \$325           | \$295                | \$295                |
| June 9, '06       | \$350           | \$325                | \$325                |

**Call early to ensure room availability. For reservations, call 505-884-2500 and ask for the Upledger rate. For information on the hotel, visit [www.hilton.com](http://www.hilton.com).**

\* You Qualify for This Discount if You Are: • A subscriber to Journal of Bodywork and Movement Therapies • A member of Upledger’s International Association of Healthcare Practitioners® • A qualified Full-Time Healthcare Student • An alumnus of The Upledger Institute

\*\* You Qualify for This Discount if You’re an Alumnus of Any Previous “Multidisciplinary Approaches” Conference

# Reflux, a CranioSacral Therapy Case Study

by Suzanne Aderholt, MOTR, CST

I saw Robby\*, a 1-month-old infant, for projectile vomiting and poor sucking abilities. According to medical tests “a barium swallow showed aspiration during eating.”

His mother’s pregnancy had been uneventful. Labor was induced with pitocin. During the process Robby’s heart rate dropped, so the physicians used forceps to pull him out of the birth canal.

By the time he came to see me he was on thickened formula supplemented with breast-feeding. He was very fussy during sleep – he slept on an incline with the help of a cushioned wedge. He also had chronic constipation.

## Initial Evaluation

Robby had a dull effect with a pronounced inward look to his gaze. He whimpered frequently and appeared to be uncomfortable, possibly to the point of pain. His mother noted tearfully that Robby, her first child, was not a happy baby.

My cranial vault evaluation showed little movement overall. The parietals were severely compressed at the developing sagittal suture. There was no ROM at that suture. The parietals also tilted out slightly.

The frontal bone was compressed inwardly. The occiput had poor movement and the sphenoid had an extension lesion. The vomer was severely compressed into the sphenoid. The temporal bones tilted inward at the squamosal suture, which presumably put a lateral spread to the cranial base connection. The TMJ was experiencing a compression of the maxilla. All the falxes felt pulled up with a leftward rotation.

Robby’s sacrum had a right lateral torsion, although it also had the best rhythm of the craniosacral system. Robby’s pelvic diaphragm was also torsioned to the right and the fascia in both legs felt like it was following the twist. The respiratory diaphragm and thoracic inlet

were tight and pulled toward the dural tube. The dural tube itself had a cephalad tension.

## Therapy Leads to SomatoEmotional Release

During the cranial vault evaluation, Robby immediately went into an SER [Somato-Emotional Release®] when the parietals were touched. Fortunately, I had saved these until last. Even though the parietals were compressed and tilted, the falxes felt pulled upward. I very gently guided the parietals into the direction of ease with 2 grams of pressure. [Editor’s note: This is less than half the weight of a U.S. nickel.]

This felt right. His crying went higher for two seconds and then quickly died off as first the right and then the left parietals floated up into their normal position. There was a very big therapeutic pulse to the entire sagittal

suture area. The cranial vault then began reshaping itself. After his cranial base was addressed and his central nervous system was released throughout its length, Robby initiated the biological process.

His mother participated. A complete, normal biological process sequence evolved for both of them. After Robby’s vomer was decompressed and mild left-palatine compression resolved, the TMJs decompressed easily. When the mouthwork was complete the entire craniosacral system was rebalanced. The session was then complete with all evaluation findings resolved.

According to Mom, all of Robby’s symptoms abated after that. He began sleeping through the night right away and his suck strengthened markedly. Although the choking went away during breast-feeding, he now had difficulty with the thickened formula. I recommended that Robby’s mom ask the doctor for a repeat swallow study but without the barium.

Robby’s projectile vomiting ceased the next day. The constipation went away within two weeks. Above all, Robby appeared much happier and alert. He began interacting with his environment a lot more. His mother said they were bonding better, and she felt much more confident with her parenting skills.

The swallow study performed three weeks later showed no aspiration. Robby was taken off the thickened formula and the choking ceased altogether. He is now 5 months old and progressing normally. Mom says she is telling everyone about this wonderful therapy.

*Length of therapy:* 3 hours

*Cost of CST:* \$350

*Cost of barium swallow, swallow study and medications:* approximately \$2,000

*Relief of Robby’s symptoms:* priceless!

\*Name changed to protect confidentiality.

Suzanne Aderholt, MOTR, CST-D, directs the CranioSacral Therapy department at Integrative Pediatric Therapy in Dallas, where she works closely with Sally Fryer, CST-D, to develop CST programs. She has used CST in a variety of healthcare settings, including acute care, rehabilitation, home health and private practice. She also has privileges at Medical City Hospital Dallas to provide CST to pediatric patients, including formerly conjoined Egyptian twins Ahmed and Mohamed Ibrahim. Suzanne integrates CranioSacral Therapy, Lymph Drainage Therapy and Feldenkrais® techniques to address the needs of clients pre-natal through adults.

To learn more about how CST can benefit children, check out the CranioSacral Therapy for Pediatrics workshop. See the Course Calendar on page 8.

To register or for more information, call Educational Services toll-free at 1-800-233-5880 and ask for priority code N1005. You’re also welcome to visit [www.upledger.com](http://www.upledger.com) or e-mail us at [upledger@upledger.com](mailto:upledger@upledger.com).

# Working With Lymphatic Flow Opens a World of Opportunity

by Grieg de la Houssaye, MA, LMT

For many years I searched for ways to connect with my clients at a higher vibrational level. With Lymph Drainage Therapy (LDT), I feel as if I've found the Holy Grail of bodywork.

LDT allows me to correct restrictions and abnormalities in the lymphatic system while also stimulating major cleansing, regenerating and immune-building activities throughout the body. Using only a light touch to enhance flow, I can help the body remove restrictions and reroute misdirected lymph patterns.

In my quest for this special training, I had researched publications and attended workshops for many years. In LDT I discovered two key factors that allows it to facilitate the body's innate ability to heal. First, healing potential is heightened when the patient is deeply relaxed. LDT is an extremely gentle approach that puts the patient at ease. Second, the LDT practitioner can actually sense and direct the rhythmic flow of the client's lymphatic system, which seems to speed up the healing process.

## The Critical Bodily Impact of the Lymphatic System

The scientific community has long grasped the importance of the lymphatic system. Now the healing community is coming to better understand the system, too. Think about it. There's three times as much lymph as blood in the body (including interstitial fluid that

becomes lymph). The lymph system directly affects cellular health by transporting nutrients that feed every cell. LDT can increase this lymph flow 20 to 30 times its normal rate, profoundly affecting a client's health.



Grieg de la Houssaye,  
MA, LMT

Indeed, it's estimated that in one day, about 75-100 grams of proteins and 1.5-3.5 liters of fluid escape into the interstitial (lymph) system. If the lymphatic system stopped moving the excess fluid and leaked proteins back into the circulatory system, the body would develop severe edema and death would result in 24 to 48 hours.

To demonstrate the power and effectiveness of LDT, on the final day of the Lymph Drainage Therapy I (LDTI) workshop I attended, our instructor selected a participant to volunteer as a demo patient. Then all 37 students in the class used their experiences from other modalities to assess him. We used healing touch, CranioSacral Therapy, Jin Shin Jyutsu, Visceral Manipulation, muscle testing and other techniques. Restrictions and abnormalities were identified but not treated.

The instructor then had three students treat the patient using the LDT techniques we just learned. The session lasted five minutes, then everyone in the class conducted a reassessment. Every restriction and abnormality we identified earlier now appeared to be cleared, thanks to that single LDT treatment. It was an incredible experience.

## The Critical Impact of LDT on My Practice

After returning to my practice and using LDT techniques on my clients, I found that when I reevaluated them, no other modality was needed. I soon discovered more evidence of its effectiveness in a surprising way.

About a month after I attended LDTI, one of my clients and his wife, who had both been receiving regular sessions from me for more than a year, were so pleased with the results that they gave me the tuition to attend the next workshop: Lymph Drainage Therapy II.

With such a profound testimonial to its effects, I gladly took the class. The instructor was none other than Bruno Chikly, MD, DO (hon.), the developer of Lymph Drainage Therapy. The experience was exhilarating. As I became more proficient at sensing the subtle energetic patterns of the lymphatic system, my touch became even lighter.

Shortly after taking the class, a client I had treated weekly for five years said he recognized the changes he felt following my training. He was so impressed with his first treatment, he offered me a 20% increase in my fees.

If I had never taken the initiative to learn advanced LDT techniques, I would have missed out on the ability to dramatically change lymph restrictions and reroute distorted lymph patterns. I would have missed a crucial opening to have a more profound and positive effect on my client's health. And I would have missed the chance to fundamentally increase my value to my clients.

Thank you for the opportunities.

*Grieg de la Houssaye, MA, LMT, is a healing facilitator in Abita Springs, La., who assesses and addresses his clients' energetic needs, from their bioetheric field to the body's core, by integrating Lymph Drainage Therapy, CranioSacral Therapy, Visceral Manipulation, Pranic Healing and Jin Shin Jyutsu.*

*Learn more about Lymph Drainage Therapy and how it can help your patients and your practice. See the Course Calendar on page 8. To register or for more information, call Educational Services toll-free at 1-800-233-5880 and ask for priority code N1005. You're also welcome to visit [www.upledger.com](http://www.upledger.com) or e-mail us at [upledger@upledger.com](mailto:upledger@upledger.com).*

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# The Upledger Foundation UpDate

## Dear friends,

As I reflect on our 20 years as an institute, I continue to come back to one particular achievement for which I am most proud – establishing the nonprofit Upledger Foundation to help provide funds and hands-on care to those who most desperately need it.

In keeping with that commitment, last year we created a new program called “Healing Angels.”



John E. Upledger,  
DO, OMM

Its sole purpose is to provide scholarships for patients to participate in one- and two-week Intensive Programs (IP) that address conditions such as autism, brain and spinal cord injury, post-traumatic stress disorder, abuse and neglect, the “plateaued” patient and more.

For 17 years we primarily offered these IPs at UI HealthPlex Clinical Services in Palm Beach Gardens, Fla. This past year we expanded our scope to include one of the most exciting hands-on programs of my career: We’re now conducting Dolphin-Assisted Therapy at a beautiful facility called The Dolphin Experience on Grand Bahama Island.

In this issue of Upledger UpDate, you’ll see the names of gracious individuals who helped us fund our new Healing Angels program with donations of \$100 or better. And you’ll read about Emily, a remarkable little girl who has already benefited from our Angels and Dolphin-Assisted Therapy.

It has always been my fervent desire that we therapists bond together to offer our gifts to others. Here at The Upledger Institute, we’ve backed up those good intentions by donating countless hours and resources to assist The Upledger Foundation. In so doing, we have touched the lives of hundreds, even thousands of people.

Now as we look forward to our next 20 years in complementary care, I ask you to remember this: Together we are capable of accomplishing even more. With your emotional, spiritual and financial support, we can make our vision of good health a reality for far more people in need.

Thank you for giving of yourself.

Warmly,

John E. Upledger, DO, OMM

## Healing Angels

A heartfelt thank you to all those who rose to the challenge and donated this year to help fund our outreach programs, including Healing Angels who enable patients like Emily [see letter at right] find relief through Intensive Programs:

|   |                           |                         |                       |
|---|---------------------------|-------------------------|-----------------------|
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|   | Raje Heyer                | Donna Upledger          |                       |

Would you like to be a Healing Angel? The cost to send one person through a four-day Dolphin-Assisted Therapy Program is \$4,500. the cost for one person to attend a week-long Intensive Program at UI HealthPlex in South Florida is \$4,000.

To support this fund with a tax-deductible contribution, please call 1-800-725-5880. Ask to designate your donation to the Healing Angels. You're also welcome to donate securely online at [www.upledgerfoundation.org](http://www.upledgerfoundation.org). Donate \$100 or more and your name will be recognized in the next Upledger UpDate and on our website.

Dear Members of The Upledger Foundation,

I would like to begin by thanking you for your diligence in raising funds for individuals to benefit from CranioSacral Therapy. I cannot tell you how much I believe in this work.

My daughter Emily, now 10 years old, has been receiving CST since she was 2. We have two excellent practitioners in our area who work on her: Susan Cotta, PT, ATC, and Susan Steiner, OTR/L, CST-D.

In the past, Emily has been fortunate enough to attend an Upledger Institute Intensive Program at UI HealthPlex. Now it is with thanks to your foundation that Emily was able to attend your Dolphin-Assisted Therapy Program last week in Freeport, Bahamas.

Emily is a medically involved little girl. She has cerebral palsy, kyphoscoliosis and failure to thrive. She has a feeding tube that helps maintain her growth to the best of her ability. She also has a spinal growing rod that helps straighten her spine. (Her back was so twisted and bent that it collapsed her right lung and compromised her respiratory system.) Every four to six months Emily needs spinal rod surgery to make corrections and hopefully lengthen the rod.

She has a life filled with therapies and doctors' appointments. Among these are CranioSacral Therapy once a week, physical therapy twice a week, and massage therapy twice a month. Usually, therapy sessions are routine events that Emily accepts and does her best at. She is a very hard worker.

Then The Upledger Foundation offered Emily the awesome opportunity to attend the Dolphin-Assisted Intensive Program. This was definitely not a common event for her. It was one of the most incredible experiences in her life. She benefited from this program immensely and she enjoyed every minute of it.

Having multiple therapists working on her and using the dolphins to help in the healing process was wonderful. Emily's muscles got more relaxed. She is able to stand up much straighter, and we believe that her back did get taller. These were the areas I had hoped would be influenced by the therapy. I am very pleased.

We cannot thank you enough for allowing us to attend this program by offering Emily the scholarship. We know it was your commitment to helping people benefit from the awesome work of CranioSacral Therapy that made this happen.

Sincerely,

*Robin L. Masterson Emily E. Masterson*



Little Emily enjoys a gentle touch in a Dolphin-Assisted Therapy Program sponsored by The Upledger Foundation.

## Blending Innovation With Compassion

Intensive Programs represent one avenue The Upledger Foundation uses to blend innovation with compassion, and deliver good health to more people. Our Compassionate Touch Helping Hands Program is now expanding into countries like Germany, where schoolchildren will learn hands-on methods of helping their classmates while increasing their own sense of self esteem.

The annual cost associated with each school that hosts this program is \$2,500. To support this program with a tax-deductible contribution, please call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's Compassionate Touch Helping Hands program.

### Making a Tax-Deductible Donation Is Easy

**Toll-Free Telephone:** 1-800-725-5880. Ask for priority code N1005.

**Website:** [www.upledgerfoundation.org](http://www.upledgerfoundation.org).

**Mail:** The Upledger Foundation, 11211 Prosperity Farms, Rd., D-223, Palm Beach Gardens, FL 33410-3487.

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