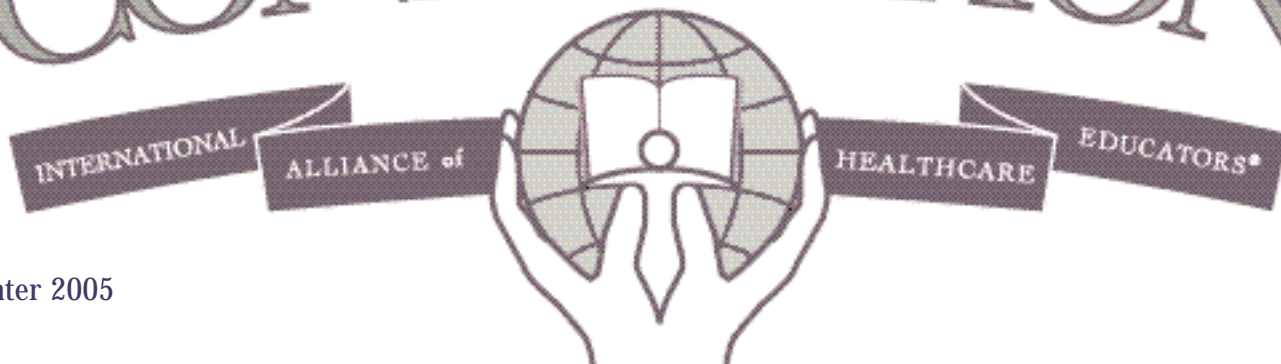


# I A H E CONNECTION



Winter 2005

## Beyond the Dura '05 April 27-May 1, 2005



**John E. Upledger, DO, OMM**  
Host of BT'D '05  
"Inflammation: A Doubled-Edged Sword"



**Jonathan Cayle, MD, FACOG**  
and **Carol McLellan, CMT**



"An Overview of the Benefits of CranioSacral Therapy Applied to Childbirth"



**Don Ash, PT, CST-D, and Roy Desjarlais, LMT, CST-D**



"CranioSacral Dissection: New Discoveries and Validations"



**Andrew Fryer, MD**  
"Cell Talk in Clinical Medicine — Objective Results and Implications"



**Suzanne Scurlock-Durana, CMT, CST-D**  
"Developing a Strong Therapeutic Presence in All Areas of Your Life"



**Sally Fryer, PT, CST-D**  
"The Journey of Formerly Conjoined Twins and the Role of CranioSacral Therapy"

See BT'D '05 Presenters on page 13.

## Come Celebrate 20 Years of Touch at Beyond the Dura 2005

### The Year Was 1985...

- Ronald Reagan takes oath for second term as 40th U.S. president.
- Mikhail Gorbachev becomes Soviet leader and initiates a broad program of reform and liberalization.
- Madonna launches her first road show: The Virgin Tour.
- Amadeus wins Best Picture at Academy Awards.
- John Matthew Upledger cuts the top off a Ford Mustang and calls it a convertible.
- Dr. John E. Upledger starts a little institute in South Florida to spread the word about the benefits of CranioSacral Therapy.

A lot has happened at The Upledger Institute (UI) since our early days 20 years ago. From our humble beginnings with a small staff of just a few people, we've grown to some 75 on-site staff members plus 2,000+ instructors, teaching assistants and course facilitators worldwide.

Here's what we're most proud of: More than 75,000 people from 56 different countries have studied CranioSacral Therapy and other light-touch modalities at UI seminars.

Now we're ready to celebrate! Join us for our 20th anniversary at Beyond the Dura 2005 Research Conference. Sponsored by The Upledger Foundation, it takes place in Jupiter Beach, Fla., on April 27-May 1, 2005. A long list of popular presenters and panelists will treat you to days of enlightening discussions, demonstrations, presentations and camaraderie.

Keynote speakers are Jonathan Cayle, MD, an

OBGYN and retired U.S. naval aviator and captain, and Carol McLellan, CMT, a UI instructor and labor coach who owns and directs a wellness center in California. Dr. Cayle and Ms. McClellan direct a Complementary Medicine Clinic at Naval Hospital in Lemoore, California.

At BT'D '05 they'll share stories of patients whose labors and deliveries have been enhanced through the use of CranioSacral Therapy. They'll also highlight data that demonstrates how their program frees newborns from restrictions that may occur in utero and during the peripartum period.

"Birth is a traumatic experience," Dr. Cayle says. "We believe that working with infants in utero and in the seconds after birth helps ease this trauma and minimize its lasting effects. We also find that applying CranioSacral Therapy during the second stage of labor actually reduces labor and recovery time for mothers."

See 20 Years of Touch on page 13.



## LOOK INSIDE

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- 4 CranioSacral Therapy: Utilizing the Pia-to-Glial Connection
- 13 UI Gears Up to Aid New Round of Battle-Scarred Veterans

# The Visceral Manipulation Report

## New VM Curriculum Delivers Choice and Flexibility

by Gail Wetzler, RPT, Visceral Manipulation Curriculum Director

On behalf of The Upledger Institute and all Visceral Manipulation (VM) program instructors, I'm pleased to introduce the new VM curriculum. The program has been carefully designed to enhance your understanding of the visceral system and teach you how to apply hands-on techniques that result in superior patient gains.

For two years our VM instructor team has been hard at work analyzing every VM workshop. We've streamlined the program to make it among the very best in the continuing education arena. After taking a nationwide survey of past participants, we gathered vital information that allowed us to restructure the curriculum to offer more class options and far greater flexibility.

### Enjoy an In-Depth Learning Experience

Following are the new VM classes complete with course highlights.

**Abdomen 1 (VM1):** Topics include the liver, stomach, duodenum, gallbladder, small and large intestines, and listening.

**Abdomen 2 (VM2):** Topics include the kidneys, pancreas, spleen, peritoneum, omentum, sphincters, and a review of all Abdomen 1 organs.

**Pelvis (VM3):** Topics include the bladder, ureters, kidneys review, uterus, ovaries, prostate, rectum, abdominal and pelvic plexuses, and the coccyx/sacrum.

**Thorax (VM4):** Topics include pleura, lungs, pericardium, heart, mediastinum, thoracic

plexuses, sternum, rib cage, thyroid, trachea, esophagus, visceral fascia of throat and thoracic cavity, biomechanics of the cervical, thoracic and shoulder girdle complex, thoracic inlet and hyoid apparatus, thoracic plexus nerve evaluations, listening techniques within the thoracic cavity, and the practical integration of the thoracic cavity organs.

**Manual Thermal Evaluation and Viscero-Emotional 1 (VM5):** Topics include the eyes, dura of cranium, Manual Thermal Diagnosis, and viscerosomatoemotional integration of the whole-body organ system.

**VisceroEmotional 2 (VM6):** Topics include the body and the organism, physical energy, psychoemotional energy, release techniques, three levels of Manual Thermal Diagnosis, and active/passive tissuloemotional and psychoemotional liberation.

**Advanced Visceral Components of the Neck and Thorax (VMT):** Topics include the anatomy, breathing mechanism, function and physiology of the thorax.

### Skill-Enhancing Workshops

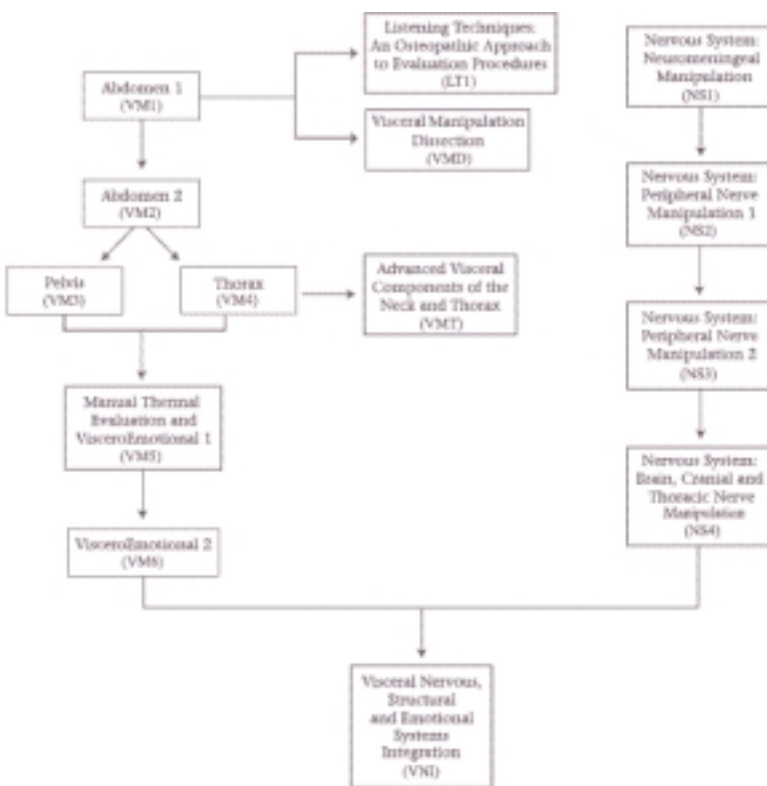
**Listening Techniques: An Osteopathic Approach to Evaluation Procedures (LT1):** Topics include specific palpation procedures that help guide you to the proper manipulation site, indicate which body structures are involved, and identify the correct approach and amount of force to use. It's open to all past participants of Visceral Manipulation, CranioSacral Therapy, Lymph Drainage Therapy, Mechanical Link, and Healing From the Core workshops.

**Visceral Manipulation Dissection (VMD):** Topics include hands-on dissection of the abdomen, pelvis, thorax, and the liver, kidneys, spleen, heart and lungs (time permitting).

### New Nervous System Classes Add to the Core Program

Visceral Manipulation developer Jean-Pierre Barral, DO, is forever fascinated by the human

## New VM Curriculum Flow Chart



For workshop dates and locations, see the Course Calendar on page 8. To register or for more information, call Educational Services toll-free at 1-800-311-9204 and ask for priority code N0205, or visit [www.iahe.com](http://www.iahe.com).

See New VM Curriculum on page 5.

# Advanced Lymph Drainage Therapy and Renal Dysfunction

by Shoshana Pinto Ringel, DDS, MS Acupuncture

Sophia\* came to my office with gastrointestinal symptoms. I was a bit concerned. A longtime patient about 50 years old, she never had such problems before. Yet in the previous two weeks of May she experienced three episodes of alternating diarrhea and constipation with severe flatulence.

During my clinical evaluation I found an area of stagnation in the renal pelvis. I also discovered a severe restriction on the right side of the abdomen in the area of the kidney/ascending colon that called for more investigation.

I have some experience with visceral problems and explained my findings to her. I also advised her to contact her internist and get a referral for a gastroenterologist. She followed through and scheduled an appointment for the following day.

During his examination, the gastroenterologist also found anomalies and prescribed ultrasound and X-rays. The X-rays showed a very large renal calculus (1 cm long) with sharp and pointy edges that was embedded in the walls of the inferior third of the left ureter. [See X-ray #TP1.] The calculus was transversal to the long axis of the ureter. The superior two-thirds of the ureter were extremely dilated by the urine reflux. [See X-ray #TP2.]

The gastroenterologist urged Sophia to remove the calculus surgically. He told her she had virtually no chance of passing it naturally since it was so embedded in the ureter walls. The problem was that with her kind of reflux, Sophia was also in danger of developing pyelonephritis and having her left kidney severely damaged. Surgery was scheduled to take place four days later.

## Advanced LDT Techniques Address Structures Deep Within the Body

Twenty-four hours before her surgery, Sophia came to see me. She brought her diagnosis X-rays with her. I decided to try changing the long axis of the renal calculus and move the urine flow back to the urinary bladder.

I primarily used LDT [Lymph Drainage Therapy] procedures for microscopic structures that I learned in my Advanced LTD1 workshop. These particular techniques allow you to manually work on structures such as cells, organelles, molecules, atoms, particles.

While accessing such minute body parts can be challenging, using these techniques are like exercising a muscle — it requires training and practice. I've applied them with incredible results. Since they usually work deep within the field of a client, I first ask the body for permission to be there and wait until I feel invited.

That's when a microscopic dance begins.

With Sophia, I dropped into my own heart and focused my intention on the left ureter while visualizing the renal calculus. After connecting with the calculus I started moving it axially until I perceived its alignment to the long axis of the ureter. Then I induced the urine trapped in the superior area of the ureter back to the urinary bladder.

After I felt the right movement I continued to support the system for a little while. Then I completed the treatment with basic LDT strokes to alleviate possible inflammation and spasm and prevent subsequent pain. Yet I never mentioned to Sophia exactly which techniques I had used.

The following morning Sophia checked in for surgery. As usual, they did an initial X-ray to locate the calculus. To everyone's amazement the calculus was gone! The reflux had also disappeared, and the ureter had resumed its normal diameter. [See X-ray #TP3.]

Sophia said she experienced no pain or discomfort when she passed the calculus. She was simply discharged without surgery.

How much pain and how many surgeries might be avoided with this type of approach? I am so grateful to Andrew T. Still, "the father of osteopathy," to Bruno Chikly, MD, DO (hon.), developer of Lymph Drainage Therapy, and to all the other teachers who brought these subtle and efficient manual therapy skills into the world to help those in need.

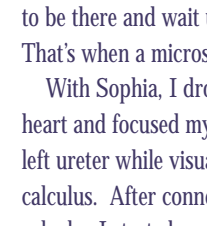
\* Name changed to protect confidentiality.

*Shoshana Pinto Ringel, DDS, MS Acupuncture, runs a thriving private practice in New York combining acupuncture with Lymph Drainage Therapy, Cranio-Sacral Therapy and Visceral Manipulation. She previously served as a CAM doctor at the Department of Complementary Medicine in Hadassah Medical Center in Jerusalem, Israel. In Jerusalem she also taught Advanced Medical Acupuncture, was vice-chairman for the Israeli Society of Medical Acupuncture, worked as a pediatric dentist for handicapped children in Jerusalem, and served as Director of the Dentistry Unit of the Department of Public Health.*

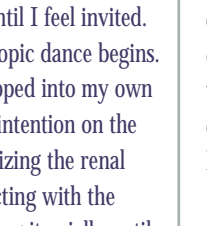
*Learn more about Advanced Lymph Drainage Therapy and how it can improve your patient outcomes. Call Educational Services toll-free: 1-800-311-9204, priority code N0205. You're also welcome to visit [www.iahe.com](http://www.iahe.com).*



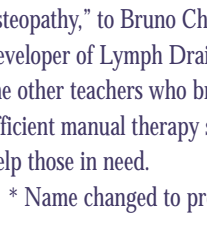
*Shoshana Pinto Ringel, DDS, MS Acupuncture*



TP1



TP2



TP3

*TP1: X-ray indicates large renal calculus embedded in walls of the inferior third of the left ureter. Notice the horizontal position of the calculus, which makes it difficult for it to move.*

*TP2: Superior two-thirds of the ureter were extremely dilated by urine reflux.*

*TP3: After Lymph Drainage Therapy the reflux had disappeared and the ureter had resumed its normal diameter.*

# CranioSacral Therapy: Utilizing the Pia-to-Glial Connection

by Tad Wanveer, LMT, CST-D

Correction of adverse strain patterns within the craniosacral system can naturally elevate the structure and function of the central nervous system. These corrections travel to the deepest regions of the brain and spinal cord.

By what route does CranioSacral Therapy effectively reach such cellular depth? The answer may lie in the direct connection of the craniosacral membrane system and the glial cells of the central nervous system (CNS).

The craniosacral membrane system and cerebrospinal fluid surround, protect and nourish the brain and spinal cord. The three membrane layers are continuous within the cranium where they cover the brain, and within the spinal canal of the spinal column where they cover the spinal cord and a portion of the spinal nerve roots. The deepest membrane layer is the pia mater membrane.

On the underside of the pia mater membrane is another continuous layer of cells: the glial membrane layer. It's formed by a type of glial cell called an "astrocyte." Astrocytes interconnect with each other, with other glial cells, and with CNS neurons and axons to create glial interconnections that form a framework throughout the entire central nervous system.

This framework interconnects the CNS cells, from the surface layers to the innermost regions of the brain and spinal cord. The interconnected structure may be referred to as the neuro-glial complex.

Enhancing the quality, freedom, integration and movement of the craniosacral system is a primary element of CranioSacral Therapy. The increased membrane balance and motion does not stop at the pia mater — it may move throughout the entire brain and spinal cord tissue.

As the pia mater moves, the glial membrane layer moves with it. In turn, this mobilizes the neuro-glial complex. As restrictions are released within the neuro-glial complex, the structure and function of the neurons and glia can be enhanced.

## Glial Cells: Astrocytes, Oligodendrocytes, Microglia and Ependymal Cells

Astrocytes are part of the central nervous system cell family called "glia."

The glial cell types are: astrocytes, oligodendrocytes, microglia and ependymal cells.

The astrocytes that form the interface between the craniosacral system and the neuro-glial complex have numerous functions. They are star-shaped with many processes. The end of each process flares out to form a slightly expanded area called an "end foot."

The end feet completely wrap around the capillary vessels and contribute to the blood-brain barrier. They help control the composition of the blood that nourishes the CNS by secreting factors that maintain capillary permeability. They attach to neurons and axons, wrap around the synapses, and assist in modulating neural activity. They also connect with each other to create long-range brain-region communication networks.

Oligodendrocytes create and maintain the insulation, called myelin, which covers the axons. Myelin helps speed up the transmission of signals and maintain signal order.

Microglia are the immune-system cells of the CNS. Central nervous system cells are delicate and specialized; they require their own specific immune system to deal with infection, disease and normal changes.

Ependymal cells form the ventricles and choroid plexus of the ventricular system. The choroid plexus of the ventricles filters blood and forms special agents from the blood to create cerebrospinal fluid. The ependymal cells that form the walls of the ventricles also add agents to further complete the cerebrospinal fluid composition.

## Neuro-Glial Complex Helps Control Quantity and Quality of Cerebrospinal Fluid

Cerebrospinal fluid normally bathes every cell of the CNS. Its composition, availability and flow, both to and from cells, is critical to nerve-cell health and function. Normal neuro-glial-complex structure and function is critical to cerebrospinal fluid production, availability and reabsorption.

During embryonic development, a special transient type of glial cell exists, called the "radial glia." They construct temporary scaffolding for the developing neurons to move along, and contribute to neural position and patterning. Abnormal transient glial and/or neuro-glial-complex structure may lead to a wide range of dysfunction, such as developmental delays, seizure disorder, cerebral palsy, attention deficit hyperactivity disorder, migraines, endocrine imbalance, neurodegenerative disorders and pain.

Adverse strain patterns within the craniosacral system can directly affect the brain and spinal cord neurons and glial cells through the interface of the pia mater membrane and the glial membrane layer. This is a pathway by which adverse craniosacral system strain may compromise the deepest regions of the brain and spinal cord tissue. It is also an avenue by which correction of abnormal membrane strain may enhance cellular change throughout all regions of the CNS.

As restrictive craniosacral system patterns are released, neuro-glial-complex restrictions may also release. The glial cells and neurons are then able to increase function individually and as integrated networks.

Cerebrospinal fluid composition and availability may increase. Blood composition may be enhanced. Nerve signaling can become



Tad Wanveer,  
LMT, CST-D

more precise and integrated. Fluid flow may be enhanced throughout the CNS, and toxins can be removed at a higher rate. Nourishing substances produced by the neurons increase. Immune system function can be enhanced. Neurons that have been under abnormal stress may normalize, and their ability to function may elevate.

### The Results: Profound Change

In CranioSacral Therapy, the bones of the cranium, spinal column and sacrum are delicately used as “handles” to mobilize the membrane system. In turn the membrane system acts as a handle upon the glial membrane layer, which may reach each cell of the CNS.

The craniosacral system and the cells of the brain and spinal cord are interconnected through the interface of the pia mater membrane and glial membrane layer. CranioSacral Therapy gently helps decrease adverse strain patterns in the craniosacral system. By releasing restrictions within the neuro-glial complex, CNS tissue fluid, and cellular and energetic composition may improve. This can create profound change, which may lead to enhanced levels of health and well-being.

*Tad Wanveer, LMT, CST-D, is an Upledger Institute staff clinician and certified instructor. He formerly ran a thriving private practice in New York City, where he used CranioSacral Therapy as his primary therapeutic modality.*

*Learn more about our full range of CranioSacral Therapy workshops — more than 500 hours of training. Please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0205. You're also welcome to visit [www.iahe.com](http://www.iahe.com).*

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## New VM Curriculum Delivers Choice and Flexibility

*Continued from page 2.*

body. In his research with French colleague Alain Crobier, DO, they discovered how the forces of trauma enter into and travel through our body tissue. This research has stimulated a new opportunity for learning and continued education.

Thanks to their findings, The Upledger Institute now offers a series of workshops called “The Nervous System.” Based on the osteopathic mechanical approach to trauma, these classes present the perspective of how trauma affects the different tissues and systems of the body. This includes the osteoarticular, visceral and vascular systems, with much of the focus on the central nervous system and peripheral nervous system.

The following workshops are open to anyone who has completed the first level of education in the CranioSacral Therapy or Visceral Manipulation curriculum.

**Nervous System: Neuromeningeal Manipulation (NS1):** Topics include trauma

concepts, skull dura, spinal dura, foramen magnum function and cervical palpation.

**Nervous System: Peripheral Nerve Manipulation 1 (NS2):** Topics include the cervical plexus, superior limbs and cervical nerves.

**Nervous System: Peripheral Nerve Manipulation 2 (NS3):** Topics include the inferior limbs, spine, sacrum (external nerves), thorax and abdomen.

**Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4):** Topics include the brain, cranial nerves and dura.

**Visceral Nervous, Structural and Emotional Systems Integration (VNI):** Integrates all components of the VM and NS programs.

The entire Visceral Manipulation educational team looks forward to meeting you and sharing our excitement about this new program.

Our goal is to encourage each one of you to aspire to gain more knowledge and many more beneficial ways to improve your patients' physical and emotional well-being.

## How the VM Changes Affect You

Have you already taken some Visceral Manipulation workshops? Good news! You may be eligible to take new workshops at a reduced rate.

Workshop Completed	Next Workshop to Take
Visceral Manipulation IA (VMIA)	Abdomen 1 (VM1) for only \$100 U.S. Or Abdomen 2 (VM2) Or Nervous System: Neuromeningeal Manipulation (NS1)
Visceral Manipulation IB (VMIB)	Pelvis (VM3) or Thorax (VM4)
Visceral Manipulation II (VMII)	Thorax (VM4) for only \$100 U.S. Manual Thermal Evaluation and VisceroEmotional 1 (VM5)
Practical Integration of Visceral Manipulation (PIVM)	Manual Thermal Evaluation and VisceroEmotional 1 (VM5)
Adv. Visceral Manipulation (AVM)	VisceroEmotional 2 (VM6)
Visceral Approach to Trauma and Whiplash 1 (VTW)	Nervous System: Peripheral Nerve Manipulation 1 (NS2)
Visceral Approach to Trauma and Whiplash 2 (VTW2)	Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4) <b>Now Under Development</b> — Nervous System: Peripheral Nerve Manipulation 2 (NS3)
Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4) and Adv. Visceral Manipulation II (AVMII)	Visceral Nervous, Structural and Emotional Systems Integration (VNI)

# The Upledger Institute's Loyalty Rewards Program

## Earn Valuable Points Toward Rewards

Reward yourself just for participating in the Upledger family of products and services. Earn points toward practice-building products,

Upledger Institute (UI) workshops, select International Alliance of Healthcare Educators® (IAHE) seminars and much more.

Action	Points Earned
Attend an Upledger seminar and/or select IAHE seminars	500 pts. per day
Purchase products from UI	5 pts. for every \$1.00 of products purchased
Activate a Therapist Profile	One-time bonus of 5,000 pts. & 500 pts. for yearly renewal
Enroll in IAHP Medallion Membership	One-time bonus of 5,000 pts. & 500 pts. for yearly renewal
Participate as a Teaching Assistant, Extern, Speaker or Convention Demonstrator	125 pts. per day
Use The Upledger Foundation MBNA MasterCard or The Upledger Foundation MBNA American Express to register for seminars or purchase products	First time: 1,000 pts. (Offer applies until Dec. 31, 2006) Each additional time: 10%-pt. bonus
Lead a UI-registered study group	500 pts. annually
Achieve certification in UI curriculums such as CranioSacral Therapy or Lymph	1,000 pts. for each certification level in each curriculum

### UI Loyalty Rewards Program Rules and Disclosures

1. Points are not redeemable for cash and have no cash value. 2. In instances in which one person registers multiple participants, the points are attributed to each participant individually. 3. All point redemptions are final once requested and used. 4. Accounts will be updated on a monthly basis. Points may take up to 60 days to be posted following a qualifying purchase. 5. No retroactive credit will be given. 6. Points may not be combined from different accounts. 7. Redeemed rewards may be used by another individual. 8. The Upledger Institute (UI) reserves the right to alter, change or terminate this program at any time without notice. 9. Questions as to what constitutes a qualifying transaction, as well as any exceptions, are at the sole discretion of UI. UI reserves the right to verify and adjust points at any time prior to or following posting and redemption. 10. UI reserves the right to disqualify participants who have violated these rules. 11. Determination and payment of tax liability are the sole responsibility of the participant. 12. The participant must be in good standing with UI in order to redeem points for rewards. 13. Membership will automatically be renewed each year as long as participant's account is in good standing, unless participant notifies UI to cancel membership in the program. 14. The Upledger Institute Loyalty Rewards Program is void where prohibited by federal, state or local law. 15. Taxes, fees and shipping/handling charges are not considered part of the qualified purchase and will not earn bonus points. 16. Points awarded to participants are subject to adjustments for returns, cancellations, and other events. 17. Redemption of points for the purpose of effecting a donation to a charity are generally not tax deductible. 18. Points for products are awarded in whole-dollar amounts. 19. Points will not be awarded for unpaid balances. 20. Points are not awarded when an individual is compensated, e.g., paid speaker or demonstrator.



### Answers to Frequently Asked Questions

**Q:** Who can earn points?

**A:** This program is applicable to all UI, IAHE and IAHP customers, including therapists, schools, teaching assistants (TAs), distributors, externs, preceptors, alumni and speakers. They are automatically enrolled as of Dec. 1, 2004.

**Q:** How do I earn points?

**A:** There are many easy ways to earn points. Please refer to the chart. Plus, you can receive special double-point bonuses throughout the year, with an ongoing 10%-point bonus for using your Upledger Foundation MBNA MasterCard or Upledger Foundation MBNA American Express for seminar registration or product purchases. To apply for a UF credit card, please call 1-866-GET-MBNA (1-866-438-6262) and ask for priority code KG6Q.

**Q:** How do I know how many rewards points I have earned?

**A:** Visit [www.upledger.com](http://www.upledger.com) and click on the "Find a Practitioner" link. Enter your first and last name in the requested fields. When your listing comes up, select the appropriate link and look in the class listings for code "LRP." There will be a number in parentheses that shows you how many Loyalty Rewards Points you have earned. Or you can call us at 1-800-233-5880 or (561) 622-4334, and an Educational Services Representative will be glad to assist you.

**Q:** How do I redeem my points?

**A:** You have several options:

1. Call us at 1-800-233-5880 or (561) 622-4334. (Ask for priority code N0205.) An Educational Services Representative will gladly assist you.

2. Fax your request to (561) 622-4771. Include your name, address, phone number, e-mail, how many points you are redeeming and your requested reward.
3. Mail your request to The Upledger Institute, Attn: Loyalty Rewards Program, 11211 Prosperity Farms Rd., Ste. D-325, Palm Beach Gardens, FL 33410-3487.
4. E-mail your request to rewards@upledger.com. Include your name, address, phone number, e-mail, how many points you are redeeming and your requested reward.

**Q:** What choices do I have when redeeming points?

**A:** Your points can be used for a variety of rewards, such as tuition, products, seminar waitlist priority-status upgrades, IAHP Therapist Profiles, IAHP Medallion Membership and more. Please see the rewards chart (right).

## Have You Used CST on Migraine Auras or Scotomata?

North Atlantic Books is seeking success stories from therapists who have used CranioSacral Therapy, Visceral Manipulation or any other complementary modality to treat patients for migraine auras or scotomata. The information may be included in a book on the subject for consumers. Please mail your information to Richard Grossinger at North Atlantic Books, 1435 Fourth Street, Berkeley, CA 94710. You're also welcome to e-mail him at chard@northatlanticbooks.com.

## Loyalty Rewards Points

### ***5,000-Point Rewards***

*Select one of the following:*

Teaching Assistant (TA) Waitlist Upgrade — Available for waitlisted TA-position upgrades for The Upledger Institute and select International Alliance of Healthcare Educators seminars (You must be an approved TA to redeem this award.) — **OR** — \$20 donation in your name made to The Upledger Foundation program of your choice

### ***10,000-Point Rewards***

*Select one of the following:*

1-year International Association of Healthcare Practitioners Medallion Membership (Silver) — **OR** — \$50 donation in your name made to The Upledger Foundation program of your choice

### ***12,500-Point Reward***

\$25 Product Reward Certificate — Available for all products through The Upledger Institute and the International Alliance of Healthcare Educators

### ***15,000-Point Rewards***

*Select one of the following:*

\$50 Tuition Reward Certificate — Available on all seminars offered by The Upledger Institute and the International Alliance of Healthcare Educators (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — **OR** — Seminar Waitlist Upgrade — Available at most full-capacity seminars (e.g., CranioSacral Therapy II, Lymph Drainage Therapy I) offered by The Upledger Institute (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.)

### ***20,000-Point Reward***

\$50 Product Reward Certificate — Available for all products through The Upledger Institute and the International Alliance of Healthcare Educators

### ***25,000-Point Rewards***

*Select one of the following:*

\$100 Tuition Reward Certificate — Available on all seminars offered by The Upledger Institute and the International Alliance of Healthcare Educators (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — **OR** — Seminar Waitlist Upgrade — Available at restricted-capacity seminars (e.g., Clinical Applications series or Advanced CranioSacral Therapy) offered by The Upledger Institute (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — **OR** — \$250 donation in your name made to The Upledger Foundation program of your choice — **OR** — 5-year International Association of Healthcare Practitioners Medallion Membership (Silver)