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The International Alliance of Healthcare Educators offers classes that satisfy continuing education requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

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Go to www.upledger.com. Click "CEUs" at the top and verify approvals by association, state or course. You're also welcome to call toll-free: 1-800-233-5880. Ask for priority code N0205.

New and Renewed CEUs

USA: Chiropractic Physicians in many states may be able to earn CEUs for CranioSacral Therapy I. Please call before your workshop to confirm.

USA: American Speech-Language-Hearing Association — The Upledger Institute



is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you are a member of ASHA and are interested in receiving CEUs for participating in this program, you must contact our CEU coordinator at least 30 days before class begins for consideration. Please call 1-800-311-9204, ext. 1376.

USA: National Certification Board for Therapeutic Massage and Bodywork — The Upledger Institute is approved as a Category A Provider (#025785-00) for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy, Mechanical Link and

Healing From the Core workshops.

USA: The National Certification Commission for Acupuncture and Oriental Medicine has approved CEUs for CranioSacral Therapy I and Applying Acupuncture Principles to CranioSacral Therapy.

California: Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.

California: The California Acupuncture Board has approved CEUs for all Upledger Institute workshops.

Florida: Effective January 1, 2004, the Florida Department of Health instituted an electronic tracking system to manage CEUs completed by Florida healthcare professionals toward license renewals. This new system will be fully effective for the first complete license renewal reporting period, which varies by profession. For more information call 1-877-FIND-CE (1-877-434-6323) or visit www.CEBroker.com. **UI will require license numbers of all Florida practitioners to provide accurate CEUs. Please call 1-800-311-9204 or (561) 622-4334 to update our records.**

Hawaii: Doctors of Chiropractic can earn CEUs for Lymph Drainage Therapy I.

Illinois: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I, Lymph Drainage Therapy 1, Visceral Manipulation IA and Mechanical Link 1.

Maryland: Occupational Therapists can earn CEUs for CranioSacral Therapy I and Lymph Drainage Therapy 1.

Montana: Doctors of Chiropractic can earn CEUs for CranioSacral Therapy I & II, CranioSacral Dissection, CranioSacral Therapy and the Immune Response, CranioSacral Therapy for Pediatrics, Lymph Drainage Therapy 1 & 2, Practical Integration of Visceral Manipulation, Visceral Manipulation IA, IB & II, Somato-Emotional Release I & II, Mechanical Link 1 & 2.

Advanced I CranioSacral Therapy

Boston, MA — Oct. 18-22, 2004



From l-r: Brenda Rohrer, ND, MH; Josh Horwitz; Alanna McLean, RPT, MS (preceptor); Rose Boghos, esthetician; Kat Cramblet, NCTMB (preceptor); Sharon Courage; Anna Weideler, PT, MS, CST (preceptor); Sophie Dong, CST; Abraham Oort, PhD, AOBTA; Alia Grace Sardonius, LMT; Chas Perry, PhD (instructor); Mari Miyoshi, OT; Ron Gaston; Eileen Ladwig, MS, OTRL.

Milestones

Congratulations and Well Wishes

- Behice Kutay, RMT, has been certified to teach Lymph Drainage Therapy 2.
- Colleen Martens Endrizzi, MS, CCC, SLP, LLCC, has been certified to teach Lymph Drainage Therapy 1.

- Dave Tomlinson, RMT, CST-D, has been certified to teach CranioSacral Therapy II.
- Sheryl McGavin, OTR/L, CST-D, has been certified to teach Advanced I CranioSacral Therapy and CranioSacral Therapy and the Immune Response.
- Tim Hutton, PhD, LMP, CST-D, has been certified to teach Advanced I CranioSacral Therapy, and CranioSacral Therapy and

the Immune Response.

- Tad Wanveer, LMT, CST-D, has been certified to teach CranioSacral Therapy I.
- Dore Szoboszlay, Upledger Institute Human Resources Director, and her husband Mark welcomed the arrival of their baby daughter, Rebecca Riley Szoboszlay, born December 31, 2004. Best wishes to the whole family!

New Certified CST Teaching Assistant

- Pam McCormack, LLCC, CST

Now Certified in CST

Diplomate Level:

- Lisa Desrochers, DPT, MS, CST-D
- Sally Fryer, PT, CST-D
- Teresa Gaffin-Hall, LMT, CST-D

Techniques Level:

- Villa Antonio, CST
- Ragnar Agust Axelsson, MT, CST
- Jacob Brodbeck, CMT, CST
- Maeve Daly, MT, CST
- Cynthia Dimmitt, MA, CMT, CST
- Baratto Dina, CST
- Wendy Hildreth, LMT, LMP, CST
- Victoria Khouri, CST
- Louise O'Driscoll, PT, CST
- Carolyn O'Neill, MT, Rx, AR, CST
- Katherine Hutton, CMT, LMT, CST
- Gina McCook, MEd, CMT, CST

- Pari Mirko, CST
- Judith Monk, MT, CST
- Kristina Pearson, MEd, MS, CST
- Jeff Shevell, LMT, CST
- Mary Frank Slaughter, CST
- Montagna Stefania, CST
- Robert H. Weiner, PhD, CST
- Doris Weiner, RMT, CST
- Karen Wrinkle, LMT, CST

Now Certified in LDT Lymphedema/CDP Certification, Level I

- Therese Archer, RN, RMT, CYI, LLCC
- Judith Babilonia, PT, LLCC
- Kathryn Bass, LMT, LLCC
- Emily Becker, MT, LLCC
- Marva Jean Beesley, LMT, LLCC
- Karen Binney, CMT, LLCC
- Christine Commins, PT, LLCC
- Diane Coffey, PT, LLCC
- Mary Clark, LMT, LLCC
- Jane Church, ACSMHFI, NCTMB, LLCC
- Harriet Duffy, OTR, LLCC
- Colleen Martens Endrizzi, MS, CCC, SLP, LLCC
- Cynthia Erisman, OT, LLCC
- Kristi Fowler, PT, LLCC
- Louis Friedman, PT, OCS, LLCC
- Darla Goddard, MT, LLCC
- Rosemary Gwin, LLCC
- Allegra Hayim, HHP, NCTMB, MT, LLCC
- Kelly Hickey, MT, LLCC
- Debra Hilt, LMT, LLCC
- Heather Hisek-Prunty, MSPT, LLCC
- Patricia Lynn Hubert, CMT, LLCC
- Laura L. Johnson, PTA, LMT, LLCC
- Gisela Knoesel, CMT, LLCC
- Debbie LaFerney, PT, LLCC
- Theresa G. Medellin, RN, RMT, LLCC

- Sister Joan Mikulski, MHSH, LMT, LLCC
- Maria Alicia Morles, LMT, LLCC
- Karin Myers, OT, LLCC
- Bettina Neumann, RPT, CST, LLCC
- Nancy Newman, LPN, LLCC
- Cecilia Palmer, LMT, LLCC
- John Pierce, RMT, LLCC
- Kristi Pifer, PT, LLCC
- Zia Razzaq, LLCC
- Heather Rudolph-Weiland, CMT, LLCC
- Lisa Sandstrom, OTR/L, LLCC
- Toni Santos, RPT, LLCC
- Betty Segal, LLCC
- Janet Silvers, PT, LLCC
- Kay Marie Smith, MT, LLCC
- Lynn Swansegar, OT, LLCC
- Mike Voelkel, PT, NCTMB, LLCC
- Adrian Ward, MT, LLCC
- Catherine Wilson, LMT, PTA, LLCC

Learn Insider Tips at These Upcoming Speaking Engagements

Florida State Massage Therapy Association Boca Raton, Florida – June 29-July 3, 2005

- Roy Desjarlais, LMT, CST-D:
Conscious Presence and Introduction to CranioSacral Therapy
- Signy Erickson, DC, CST-D:
Subtle Palpations
- Bruno Chikly, MD, DO (hon.):
Introduction to Lymph Drainage Therapy and Fascial Release
- Mary Murphy, NCTMB, CST-D:
Introduction to Zero Balancing
- Suzanne Scurlock-Durana, CMT, CST-D:
Introduction to Healing From the Core

American Massage Therapy Association National Convention

Albuquerque, NM – Sept. 22-25, 2005

- Eric Moya, LMT, CST:
CranioSacral Therapy: The Light Touch

Association of Massage Therapists and Wholistic Practitioners Annual Convention Banff, Alberta (Canada) – Oct. 20-23, 2005

- Don Ash, PT, CST-D:
Introduction to CranioSacral Therapy and Lessons From the Sessions
- John E. Upledger, DO, OMM, and Lisa Upledger, DC:
CranioSacral Therapy Clinical Symposium Keynote Presentation

New York State Society of Medical Massage Therapists Annual Symposium

Kerhonkson, NY (Hudson Valley Resort and Spa) – Nov. 11-12, 2005

- Mya Breman, LCSW, LMT, CST:
Introduction to CranioSacral Therapy and Introduction to Lymph Drainage Therapy
- John E. Upledger, DO, OMM, and Lisa Upledger, DC: CranioSacral Therapy Clinical Symposium Keynote Presentation

Understanding and Managing Trauma and Adaptation: Neural, Myofascial and Psychological Issues, Sponsored by Elsevier Publishing Co.

London, England – April 21-23, 2006

- John E. Upledger, DO, OMM:
Post-Traumatic Stress Disorder

Please visit www.iahe.com for the most current schedule of speaking engagements.

Basic Acupressure and CST: An Integrative Approach to Healing Central Nervous System Disorders

by Susan Grant, CMT, CST, Director of Basic Acupressure

Developed by Aminah Raheem, PhD, Basic Acupressure enhances the free flow of vital energy, activates the body's recuperative abilities and diminishes congestion. Much the way CranioSacral Therapy works through body tissues, Basic Acupressure works through energy fields, in particular the "Extraordinary Meridians" and their crossover points on the organ meridians.

According to Oriental medicine theory, Extraordinary Meridians and the Governing and Conception Vessels form when a fertilized egg divides for the first time. Current scientific studies trace their relationship to the anterior and posterior pituitary gland and to the primordial tissue of the endoderm, mesoderm and ectoderm.

These and six other Extraordinary fields that develop deep within the embryonic strata are closely related to formative energies and the growth of the physical form. They're also capable of changing the metabolic distribution and quality of energy, and the informational signals that control the use of energy.

By accessing the Extraordinary fields through specific acupoints, we help the body/mind release restrictions and imbalances that affect the central nervous system — in particular, the sympathetic/parasympathetic balance.

As you'll see in the following examples, this works at a root level, setting the stage to effectively address specific conditions of the central nervous system.

Chiari 1 Malformation

Denise* was diagnosed with Chiari 1 malformation, "a condition in which the cerebral tonsils are displaced out of the skull area into the spinal area, causing compression of the brain tissue and spinal fluid flow." She suffered from chronic headaches, dizziness, nausea, tingling and numbness in her limbs, and loss of consciousness.

In November 1996 Denise underwent surgery, including a suboccipital craniectomy, a laminectomy of C1 and C2, and duraplasty. At the time her cerebellar tonsils were 8 mm below the foramen magnum into the cervical canal. Unfortunately, after surgery Denise's symptoms continued. A post-surgery MRI suggested intracranial edema without hemorrhage.

A second surgery in June 1998 replaced a defective dural graft that had been "effectively floating in the spinal cord." Afterwards Denise

was kept comfortable with daily doses of morphine, Antivert, Zoloft and Baclofen.

Denise went to see Irene Townsend, CMT, in April 2003. By then her system was highly sensitized — she became nervous and short of breath after only 30 seconds of receiving CranioSacral Therapy (CST). Irene was working distally from the dorsums using 2-1/2 grams of pressure. She used Basic Acupressure techniques to balance energetic flows and calm the nervous system. This helped release restrictions in the emotional/physical body and assisted Irene's work with the craniosacral system.

In follow-up sessions, Irene combined Basic Acupressure with CST for longer periods of time. She also included guided imagery and SomatoEmotional Release®. Through guided imagery, Denise and Irene combined their energies to visualize the leaks until Denise "felt confident she had sealed them up."

Today Denise leads a near-normal life. She is president of her daughter's soccer club, she gardens, and she recently took her first family vacation in 10 years. She is also off morphine and almost all other medications.

Two of Denise's children have been diagnosed with Chiari malfunction; one of them was scheduled for surgery. Since receiving Basic Acupressure and CranioSacral Therapy, their symptoms have subsided and surgery is no longer being considered. One daughter is doing well in college. The other is living an active teenage life, including playing on her traveling soccer team.

Reflex Sympathetic Dystrophy

April* suffered a distal radius fracture of her left wrist and developed reflex sympathetic dystrophy (RSD). Also known as complex regional pain syndrome, RSD is a chronic, painful and progressive neurological condition that affects the sympathetic nervous system.

In April's case it caused acute pain, swelling, extreme skin sensitivity and limited range of motion. It was also psychologically debilitating.

After months of hospital-based physical therapy complete with exercise, manual devices, paraffin wax treatments and chiropractic adjustments,

April's condition worsened. She was tense, sore and unable to perform normal activities. Still, she rejected nerve blocks and pain medication.

April was nervous, and rightly so. She'd been warned that her condition is often irreversible and could result in complete loss of movement.

That's when I began working with April using a combination of Basic Acupressure and CranioSacral Therapy. After our first session together her condition began to noticeably reverse. Her skin softened, her swelling reduced, and she was able to move her fingers.

Today April has 85% use of her wrist. She believes the Basic Acupressure and

CranioSacral Therapy improved her healing process in a crucial way. The sessions opened energy flows and calmed the nervous system, moving it away from "fight or flight" syndrome into a state of healing calmness. "It was as though we talked the wrist into waking up and moving on," April said.

CNS Connects Two Therapies

In both of these cases, strong central nervous system connections responded well to the combination of Basic Acupressure and CranioSacral Therapy. The focus on the brain and spinal cord, noninvasive touch, and communicating with the innate intelligence of the human organism bring both therapies together in a harmonious way.

I believe the truth of their effectiveness is best shared by the patients themselves. Denise "felt confident she had healed the leaks," and April was relieved that her wrist finally "woke up."

* Name changed to protect confidentiality.

Susan Grant CMT, CST, is Director of Basic Acupressure and an advanced Process Acupressure practitioner who works closely with curriculum developer Aminah Raheem, PhD. Susan also teaches the Alexander Technique and has developed Free to Move workshops that integrate emotional and physical releases into everyday movement patterns.

To learn more about Basic Acupressure please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0205. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.



Susan Grant,
CMT, CST

20 Years of Touch at Beyond the Dura 2005

Continued from front cover.

According to Dr. Cayle, parents report that babies who receive this therapy sleep more and experience less colic than others. "Overall, the application of CranioSacral Therapy provides both mother and baby with a better birth experience by easing some aspects of the labor and delivery process," he says.

Sixteen other presenters and panelists will also discuss new viewpoints on innovative methods of complementary care at the four-day conference. And together, everyone will

be having a ball Saturday night at a Roaring Twenties costume dance.

Tuition ranges from \$300 to \$595 with available discounts. Proceeds benefit The Upledger Foundation, a nonprofit organization dedicated to developing new therapeutic approaches that enhance health and well-being.

Call toll-free today to learn more about Beyond the Dura '05: 1-800-311-9204. Ask for priority code N0205. You're also welcome to visit www.upledger.com.

The UI HealthPlex Clinic Corner UI Gears Up to Aid New Round of Battle-Scarred Veterans

Therapists hope to help a new generation of soldiers when UI HealthPlex Clinical Services conducts a CranioSacral Therapy Intensive Program aimed at reducing post-traumatic stress disorder (PTSD) in Iraq War veterans.

"More and more men and women are returning home bearing the physical, mental and emotional scars of war," says Kevin Rose, LMT, CST-D, UI HealthPlex Intensive Program (IP) Director. "It's crucial that we do what we can to protect as many of them as possible from suffering the years of stress our Vietnam veterans endured."

According to one Vietnam veteran who went through an IP at UI HealthPlex, the potential for PTSD is even stronger for veterans returning from Iraq.

"In Vietnam we fought in the jungle," he said. "Later we'd have flashbacks whenever we were in a similar environment." The

problem is, in Iraq they're fighting an urban war — in the streets and in neighborhoods and homes. Vietnam vets are concerned there will be many more "flashback triggers" when Iraq soldiers try to reintegrate into American society.

The Upledger Foundation is working with the Paralyzed Veterans of America (PVA) to identify veterans who can most benefit from these IP programs. The PVA representative was especially pleased that the IP would address not only physical but emotional ravages of war.

One Vietnam veteran recently quoted in a South Florida TV special on the UI program said CranioSacral Therapy "helped tame the savage beast." That's a positive effect we hope to leave with many more soldiers in the future.

To learn more about Intensive Programs at UI HealthPlex Clinical Services, call (561) 622-4706.

BTD '05 Presenters

Continued from front cover.



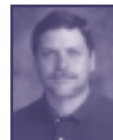
Mary Getten, Animal Consultant
"Telepathic Animal Communication:
Connecting Through the Heart"



Ann Harman, DO "Feldenkrais
Method: Using Curiosity, Awareness
and Movement to Facilitate
CranioSacral Work"



Melanie Hayden, LMT
"Cellular Joy"



Tim Hutton, PhD, LMP, CST-D
"Why Is It We Don't Think
Anymore?"



Jon J. Kabara, BS, MS, PhD
"Mother's Milk: The First
Nutriceutical"



Carolyn McMakin, MA, DC
"The Energetic Nature of
Biological Tissue"



**Sally Morgan, TTEAM
Practitioner, PT, CST**
"Animals Facilitating Wellness:
An Examination of Animal
Participation in CST Sessions"



Sandy Prantl, OTR/L, CST-D
"The Use of CST With Socialized,
Captive Wolves and Bill the Coyote"



Lisa Upledger, DC, CST-D
"Embracing Our Cellular World"



Gail Wetzler, RPT, CVMI
"The Promise of Transformation"
and "Beyond the Human Dura"

Internet Directory

The Upledger Institute, Inc.®:
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Upledger's International Association
of Healthcare Practitioners®
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E-mail: iahp@iahp.com

American CranioSacral
Therapy Association
Website: www.acsta.com
E-mail: acsta@acsta.com

The Upledger Foundation
Website:
www.upledgerfoundation.org
E-mail: foundation@upledger.com

Books and Products to Support Your Healthcare Practice

Process Acupressure Wall Chart

by Aminah Raheem, PhD

This large black and white chart depicts front and back views of the body, plus secondary views of the inside and outside of the leg and the bottom of the foot. It shows the location of each of the 36 acupressure points used in Process Acupressure and Basic Acupressure, plus each point's Process Acupressure name and number, a verbal description of its location, and its traditional Chinese acupuncture name and number. The chart is ideal for learning the point locations and to display in your practice setting as a reference tool. (24" x 35" laminated) Item code: CPAWC. Retail price: \$25.00 + s&h



Flash Cards: Process Acupressure Points

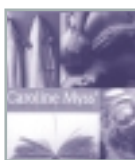
by Aminah Raheem, PhD

Use these flash cards to locate and learn the 36 acupressure points taught and used in Process Acupressure and Basic Acupressure. They show pictures of the anatomical locations of each point together with its Process Acupressure number and name, a verbal description of its location, and its traditional Chinese acupuncture number. (36 cards, 4" x 5-1/2" each) Item code: FPAP. Retail price: \$25.00 + s&h

Invisible Acts of Power CD Set

by Caroline Myss

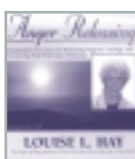
Deep shifts occur in our energetic fields when we respond to someone in need. When we move from visible acts, such as caring for a friend, to invisible acts that others may never witness, we access the Divine. Using her own stories and those drawn from readers and listeners worldwide, Caroline Myss invites you to create small yet profound miracles that transform your own life and others' in an instant. (4 CDs, 300 mins. total) Item code: AIAOP. Retail price: \$29.95 + s&h



Essential Guide for Healers CD Set

by Caroline Myss

Join best-selling author Caroline Myss in an eye-opening learning program created especially for healthcare professionals, counselors, therapists and bodyworkers — anyone who has felt compelled to help others, professionally or personally. (4 CDs, 300 mins. total) Item code: AEGFH. Retail price: \$29.95 + s&h



Anger Releasing CD

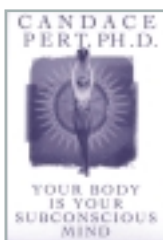
by Louise L. Hay

Louise L. Hay creates a safe atmosphere to teach you how to move past your emotional barriers and dissolve your anger. "As you repeatedly do these visualization exercises, many angry feelings will come up — feelings directed at people you may not have known you were angry at," Louise says. "This is simply a part of the process, and is perfectly okay. Releasing anger will release pain and free you to experience a richer, more fulfilling life." (120 mins.) Item code: AAR. Retail price: \$10.95 + s&h

Forgiveness: Loving the Inner Child CD

by Louise L. Hay

Your inner child depends on you for the love and approval you may not have received when you were young. Through visualization techniques presented in an audio format, Louise L. Hay creates a safe atmosphere for you to forgive others and love your inner child, opening the door for many wonderful qualities to come into your life. Item code: AFLIC. Retail price: \$10.95 + s&h



Your Body Is Your Subconscious Mind CD

by Candace Pert, PhD

This revelation by Dr. Candace Pert challenges conventional science — and everyone interested in wellness — to reconsider how our bodies think,

feel and heal. Join Dr. Pert as she describes her efforts over the past two decades to actually decode the "information molecules," such as peptides and their receptors, that regulate every aspect of human physiology. Her model of how these biochemicals flow and resonate, distributing information to every cell in the body simultaneously, has unlocked the secret of how emotions literally transform our bodies and create our health. (150 mins.) Item code: AYBYC. Retail price: \$19.95 + s&h

The Flowering of Human Consciousness

by Eckhart Tolle

On this insightful and life-altering program, Eckhart Tolle invites you to unfold the miraculous state of "presence" you always hold within — your original way of being that is free from the relentless stream of thoughts, fears and expectations that often carries us away. (3 CDs, 210 mins. total) Item code: AFOHC. Retail price: \$24.95 + s&h

Power Thoughts Journal

Created from beautiful artwork, this blank journal will inspire your creativity. Use it for your own personal inspiration. It also makes a thoughtful gift for someone special. Item code: PTJ. Retail price: \$10.95 + s&h



Power Thoughts Notecards

These notecards are wonderful to give as gifts or for keepsakes. Use them as thank-you notes, announcements, invitations, or for any occasion.

They are blank on the inside for your own personal inspiration. (20 assorted notecards and envelopes; 4 images, 5 cards of each) Item code: PTN. Retail price: \$10.95 + s&h

Zen Journal

Center your mind as you focus your thoughts in this lovely journal. Allow your inspiration to flow, or treat a friend to this special gift. Item code: JZJ. Retail price: \$10.95 + s&h



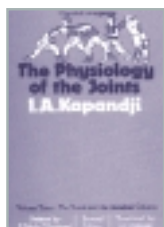
Zen Notecards

This lovely collection contains 20 beautifully illustrated notecards with envelopes. (4 images, 5 cards each) Item code:

ZN. Retail price: \$10.95 + s&h

Journal of Bodywork and Movement Therapies 2005

This quarterly journal plays a vital role in helping the international community of bodywork and movement-therapy professionals clarify their roles while discussing a broad range of pertinent issues. It publishes peer-reviewed articles, editorials, summaries and technique papers that explore practical approaches to musculoskeletal dysfunction that apply across all bodywork, movement and manual therapies. (2005 series, 4 issues) Item code: J-05. Retail price: \$74.00; UI Price: \$65.00



The Physiology of the Joints by I.A. Kapandji

Utilizing a highly visual approach, this book illustrates the anatomy,

physiology and mechanics of the joints by means of clear and simple diagrams and a minimum of text. (softcover) Item code: POTJ. Retail price: \$54.95 + s&h

Brain Demonstration Model

This 15-part, life-size model of the human brain, made of SOMSO-Plast, is ideal for studying the complex three-dimensional structures of the brain. Special order: allow 2-4 weeks for delivery. Item code: BS-25. Retail price: \$520.00 + s&h



Welcoming Consciousness: Supporting Babies' Wholeness from the Beginning of Life

by Wendy Anne McCarty, PhD

Western early development models have been based on our biological human nature with little mention of our spiritual nature. New

findings from pre- and perinatal psychology reveal we are conscious, aware beings with a sense of self from the beginning of life. This book explores the mysteries of our basic nature and the extraordinary stories babies, children and adults tell us of their life in the womb and at birth. (softcover) Item code: WC. Retail price: \$14.95 + s&h

Massage Today to Launch New Website and Annual Award

In January 2005, *Massage Today*, a trade journal serving the massage and bodywork communities, will launch a new website: SpaTherapy.com. An offshoot of *Massage Today* and MassageToday.com, SpaTherapy.com will be dedicated solely to the spa industry and focus primarily on its influence on health and wellness.

Site features will include a multitude of resources for both spa professionals and health-conscious consumers. Highlights will feature spa and industry news, consumer and practice-management articles by knowledgeable spa industry leaders, general health and wellness information, practitioner profiles, spa ratings, a national spa locator, and much more.

SpaTherapy.com will also recognize one spa each year for providing the Best Spa Massage.

The winner will be determined by a spa-rating feature in *Massage Today* in which a variety of spas are anonymously reviewed. The recipient will receive a beautiful award and virtual logo for the spa's corresponding website, courtesy of SpaTherapy.com and *Massage Today*.

The winner of the 2004 Best Spa Massage will be announced in the February 2005 issue of *Massage Today*.

An MPAMedia company, *Massage Today* has been reporting on news, information and research relevant to the massage and bodywork industry since its inception in January 2001. MPAMedia also publishes *Dynamic Chiropractic*, *Acupuncture Today*, *Nutritional Wellness*, *Chiropractic Research Review* and *To Your Health* online and e-newsletters. For more information, visit www.mpamedia.com.

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To Order Books and Products
Call 1-800-311-9204.
Ask for Priority Code N0205.

E-mail iahe@iahe.com or visit us at www.iahe.com.



IAHP Now Offers Professional Liability Insurance

Upledger's International Association of Healthcare Practitioners® (IAHP) is pleased to announce the availability of professional liability insurance for Upledger-trained practitioners. This product offers coverage for CranioSacral Therapy and related modalities.

In partnership with the Allied Professionals Group — specialists in alternative healthcare for

the last 20 years — IAHP will now offer a flexible program that allows you to obtain coverage for just touch-therapy modalities, or comprehensive coverage for your complete alternative healthcare practice. Coverage starts as low as \$99 per year.

The IAHP is a league of healthcare professionals dedicated to therapies that offer innovative solutions to individuals in need. Formed to

provide a united voice in the field of complementary care, the association remains dedicated to helping our members build successful practices by offering products and services of value.

For a free liability-insurance quote call Allied Professionals Group: 1-800-830-8660. They'll help you decide which options are best suited for your needs.

The Upledger Institute's International Satellites & Affiliates

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