

UpClose

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UI HealthPlex Hours
8 AM - 7 PM, MON - THURS

8 AM - 6 PM, FRI

9 AM - 1 PM, SAT

INTENSIVE THERAPY PROGRAM BRINGS PATIENT “CLOSER TO THE PERSON I WAS MEANT TO BE”

Sixteen-year-old Chris Cook was in the wrong place at the wrong time on June 23, 1979. Just two blocks from his Long Island, New York, home, he was returning from one of those everyday events that fade quickly into obscurity — except on this day.

Walking past a parked car, Chris encountered a group of guys getting high and looking for trouble. Grabbing a lug wrench, one of them bashed Chris on the back of the head and continued to beat his face, arms and chest “until I stopped breathing,” Chris says. “He thought I was dead.” Found in the middle of the road, Chris miraculously survived.

For two weeks Chris lay in intensive care in a coma, staples down the back of his head, a cast on one arm, sutures down the left side of his face where his cheekbone was shattered, and a breathing tube in his throat. Over the next two years Chris endured several surgeries, including microsurgery on the fingers and thumb of his right hand. “They removed tendons from my hand and attached them to my wrist so that I could still use this hand some,” Chris says. Chris’s left arm is paralyzed.

Consultations over the years at some of the finest medical facilities on the East Coast resulted in the same basic prognosis: You’ve reached maximum medical benefits. With that would come the inevitable offer of drugs to dull the pain and help Chris sleep. One

facility, however, did come up with a possible course of action: laser the nerve endings in the neck to stop pain signals from transmitting. When asked about the possible side effects, the doctor answered, “You never know. You could have a limp of the left leg.” Chris’s response: “That’s all I need, a left-leg limp!”



CranioSacral evaluation revealed extensive global tension in Chris’s intracranial membranes resulting from his head injuries. Here, therapist team member Nancy Westphal, LMT, CST-D, assesses Chris’s craniosacral rhythm.

Continued inside

“CLOSER TO THE PERSON I WAS MEANT TO BE”

Continued from front cover

Fortunately, that's not where the story ended. Chris Cook wasn't about to let his physical limitations dictate the course of his life. "Little by little I migrated away from the medical profession to chiropractic, massage, acupuncture, kinesiology, and different things like that as time went on." Toni Cook, Chris's mom, adds, "I've always been a firm believer in chiropractic, so we felt this would help keep his body limber and a lot more flexible."

It was a severe and prolonged case of TMJ that eventually led Chris to the doctors and the treatment that would change his life: TMJ specialist Carl Mestman and dentist Stanley Warmflash — both long-time advocates and practitioners of CranioSacral Therapy. With their help, Chris experienced relief from the TMJ pain that had incapacitated him for 10 years.

Wanting to learn more about CranioSacral Therapy, Chris attended a Florida symposium with Dr. John E. Upledger. During that time he received daily sessions with a UI HealthPlex therapist and learned about the clinic's intensive therapy programs. "The seed was planted," Chris says, and with it the start of a five-year court battle with the New York State Crime Victim's Compensation Board for the funding to come here.

Chris prevailed, and on January 13, 2003, he arrived at UI HealthPlex for three weeks of intensive therapy. Kevin Rose, LMT, CST, was the lead therapist during Chris's stay. "One of Chris's major complaints when he first got here was feeling like he couldn't breathe, like there was a lot of tension in his chest," Kevin says. "We found severe compression in the thoracic inlet and respiratory diaphragm." This damage stemmed both from the attack, when the assailant pressed down on Chris's chest with his foot, and from the intubation in the hospital. As expected, the therapist team also found a lot of global tension in Chris's intracranial membranes resulting from his head injuries.

The techniques used with Chris concentrated on releasing the many physical restrictions caused by his injuries as well as the emotional issues still being harbored within his body. "One of the biggest changes came through the SomatoEmotional Release

process," Kevin says. "Chris released a lot of anxiety and anger. He also learned breathing techniques that really helped to calm him. He left here much more at ease in his skin." Chris describes the experience as peeling layers of an onion. "I got a lot of things out of me," he says.

When asked about the collective changes that occurred during the intensive program, Chris sits back a minute. "Oh boy, let me think. So many. There are really big changes with my throat, with being able to swallow and eat more. My throat even looks different. And my cheekbone and orbit of my eye, where it was all sunk in, now it's come out. I have more energy. I'm able to sleep better. Oh, and my posture is a lot different." Toni agrees, "There's a big difference. This is the best he's looked and felt since the assault."

Kevin credits Chris's role in the therapeutic process as vital to the progress he experienced. "Chris has the most unbelievable spirit," he says. "He is unrelenting in his need to process, to become more whole. He was absolutely an inspiration to



Chris with mom Toni Cook. "This is the best he's looked and felt since the assault," she says.

everybody here. In fact, and Chris doesn't believe me when I tell him this, but I think he'd be an awesome therapist."

The way Chris sees it, "This is my life. I just want to feel better. I tried everything you could possibly imagine. CranioSacral Therapy is what worked best for me out of all the different therapies from all the different healthcare practitioners I've had over the past 23 years. This work is bringing me closer to the person I was meant to be. That's the best way I can say it."

INTENSIVE THERAPY PROGRAMS

One- and two-week programs address such conditions as:

- Brain and Spinal Cord Injuries
- Autism
- Learning Disabilities
- Post-Traumatic Stress Disorder
- Migraine Headaches
- Chronic Neck and Back Pain
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- Stress and Tension-Related Problems
- Central Nervous System Disorders
- Motor-Coordination Impairments
- TMJ Syndrome
- Orthopedic Problems
- Chronic Fatigue
- Scoliosis
- Neurovascular or Immune Disorders
- Infantile Disorders
- Colic
- Post-Surgical Dysfunction
- Fibromyalgia
- Connective-Tissue Disorders

HEALTH AND WELLNESS SERVICES

UI HealthPlex is pleased to offer classes that promote relaxation and fitness for the body and mind.

- **Hatha Yoga with Joan Wanveer**
Wed. 5:30-6:40 pm. & Sat. 10:00-11:10 am.
- **Qigong with Cloé Couturier, LMT, CO, CST-D**
Mon. (except 1st Mon. of ea. mo.), 6:00-7:30 pm.
- **Acupuncture with Laura Scozzari**
Fri. 9:00 am.-noon

SHARECARE® WORKSHOPS

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

July 19, 2003 – Palm Beach Gardens, Fla.
August 9, 2003 – Atlanta, Ga.

Call for more information or to make an appointment: 561-622-4706. Ask for priority code N0403.

LIFE, STRESS AND HEALTH

Stress is a primary contributing factor in a myriad of disease processes. Yet the big factor is actually the way in which our bodies deal with stress. Perhaps our high-tech society has evolved more rapidly than our bodies' abilities to respond effectively.

Through clinical and laboratory work we have come to know many of the mechanisms by which stress stimulates internal responses that damage organs, tissues, psyches and the like. What's more, the stress itself does not have to be within your conscious awareness.

Let's say you finally find a job that is a dream come true in every way except one: the air conditioner makes a strange kind of hum that sets your teeth on edge. You tell yourself you can get used to it, and you push the sound into your subliminal perception so you don't consciously hear it anymore.

The problem is, the vibrational frequency that irritates/stimulates something in you is still getting into your body. The result? You seem to catch every germ that flies into your space. After awhile your temper becomes more active. And you convince yourself that all these "colds" are what's making you irritable and cross. Could be. But let's look at this from a stress/response point of view.

For whatever reason, the vibration in question is a stressor to you. Perhaps it is the same vibrational frequency that occurred when you were in an operating room getting your tonsils out. The sound came from the hospital air conditioner; at the same time, you were afraid the anesthesia might kill you. Although you had suppressed the memory of the fear, it became linked with the vibrational frequency nonconsciously, as did your bodily responses.

So how does your body respond to the

fear stressor being initiated now at your new place of employment? By producing adrenalin, which diverts blood flow from organs to muscles and increases your heart rate and blood pressure to give you a greater ability to physically confront danger. At the same time, your reticular alarm system goes on ready alert. This system connects with your adrenal glands and sympathetic nervous system. Thus,

when the alarm system senses danger, both systems activate to prepare you for a life-saving battle. The sympathetic nervous system also has the ability to shut down internal systems and organs (i.e., digestive system, kidneys, bladder, bowel elimination system and immune system) not necessary for "fight or flight."

Consider now that the air conditioner at your new job sets off the internal alarm system that remembers the danger of your tonsillectomy. It activates your adrenal glands and sympathetic nervous system so that you become uptight and irritable. At the same time, your sympathetic nervous system reduces immune system activity so that you lose some of your ability to resist passing germs.

Many of us think of stressors as things we can see, feel or perceive. Yet as you can see, your body responds just as significantly to stressors you may not be aware of. Many have to do with vibrational frequencies: sounds, lights, colors, aromas, magnetic fields, electrical fields, barometric pressure changes and so on. Others include molecules that are toxic or stressful to our biochemistries. They can be in food, drink, the air, our clothing, any number of places.

What can we do to avoid the destructive effects of stress? First, avoid stressors you can identify. There are also ways to disempower stress factors so that your system responds more reasonably and recovers more quickly. I always recommend regular meditation and centering to avoid long-term responses. Exercise is another great way to use up the adrenalin produced and not used when, for instance, a car cuts you off on the interstate. Years ago I put up a punching bag in my basement. Whenever I got home from work I would go into the basement, beat on the bag and feel better. I'm sure at the time the bag saved me from an ulcer.

These days I'm convinced the most effective methods of stress-response control fall under the umbrella of CranioSacral Therapy (CST), including Energy Cyst Release, SomatoEmotional Release®, and Therapeutic Imagery and Dialogue. CST has been shown to reduce sympathetic nervous system activity and irritability, indicating a decrease in adrenalin production. This is the immediate symptomatic effect.

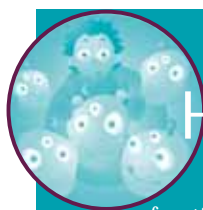
Going a step further we can release old tissue memories of things that occurred during childhood (or earlier) that continue to cause over-responses. We use Energy Cyst Release to discharge foreign energies that were injected into the body by injuries, infections and emotional crises. These energy cysts, which keep stress-response systems on ready alert, can be released so alarm systems can relax. Using SomatoEmotional Release we can disempower previous experiences, such as abuse, rape and near-death traumas, so the hyper-responsiveness is calmed down. And using Therapeutic Imagery and Dialogue we can dialogue with the reticular alarm system and negotiate a reduced level of activity.

Yes, I am biased about the best methods for maintaining an appropriate stress response. I have seen remarkable success using these techniques — Chris Cook, in our cover article, is a good example. It is time we learn to work with stress and our responses to avoid disease. This seems a more effective method of enhancing health than the "patch 'em up after the fact" approach that still dominates.



John E. Upledger,
DO, OMM

Many of us think of stressors as things we can see, feel or perceive. Yet your body responds just as significantly to stressors you may not be aware of.



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MEET TAD WANVEER, LMT, CST-D

UI HEALTHPLEX CO-DIRECTOR AND DIRECTOR OF INTENSIVE THERAPY PROGRAMS

Tad Wanveer is a licensed massage therapist certified in CranioSacral Therapy at the highest level — Diplomate. He joined the UI HealthPlex clinical staff in September 2001 and currently serves on the clinic's executive committee. In addition to his work as a therapist, Tad is a certified instructor of The Upledger Institute's clinical application courses and has used his artistic skills on several occasions, most recently as an illustrator of Dr. Upledger's book *Cell Talk* (North Atlantic Books, 2003).

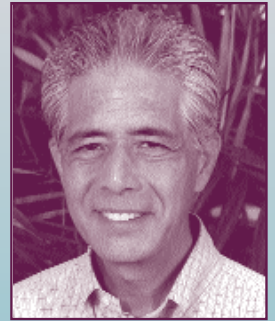
For more than a decade Tad studied and taught art in Washington, D.C., first at the Corcoran School of Art and then at the Lab School of the Kingsbury Center, where he worked with severely learning-disabled children. In the early 1980s Tad moved to New York City to begin a new era of artistic expression as a sculptor and furniture/cabinet maker.

It was Tad's own health concerns that

ultimately led him to the career that would become his greatest passion: CranioSacral Therapy practitioner. In making the transition from artist to hands-on therapist, he found that the tactile sensitivities he had honed over the years served him well.

Tad studied massage therapy at the Swedish Institute of Massage and Allied Health Sciences in New York City, and in 1987 opened his own private practice. Six years later he took his first CranioSacral Therapy course and was hooked. "I immediately began to incorporate the techniques into my private practice," Tad says.

Soon after joining the UI HealthPlex staff, Tad had the opportunity to return to his alma mater in New York City as the therapist team leader of a trauma relief program he co-developed to provide CranioSacral Therapy to victims of the 9/11 attacks. "It was an incredibly intense experience," Tad says. "It exemplified to me, and to all of us who were there, the grace and strength of this work."



Tad Wanveer,
LMT, CST-D

Tad's love for working with his hands began as a child. "I used to help my father repair Chinese antiques," he says. This fueled a passion for art in Tad that would lead to a life-long appreciation for what can be accomplished through touch.



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